

Vol 4. E. a

**The Compleat
SERVANT-MAID
OR, THE
Young Maidens Tutor.**

Directing them how they may fit, and qualify themselves for any of these Employments.

viz.

<i>Waiting-Woman,</i>	{	<i>Nursery-Maid,</i>
<i>House-Keeper,</i>		<i>Dairy-Maid.</i>
<i>Chamber-Maid.</i>		<i>Laundry-Maid,</i>
<i>Cook-Maid,</i>		<i>House-Maid,</i>
<i>Under-Cook-Maid,</i>	{	<i>Scullery-Maid.</i>

Whereunto is added a Supplement containing the choicest Receipts and rarest Secrets in Physick and Chyrurgery; All for Salting and Drying English Hare equal to Westphalia.

The Compleat Market-Man and Market Woman, in Buying Fowl, Fish, Flesh, &c. and to know their Goodness or Badness in every respect, to prevent being Cheated. Never before Printed.

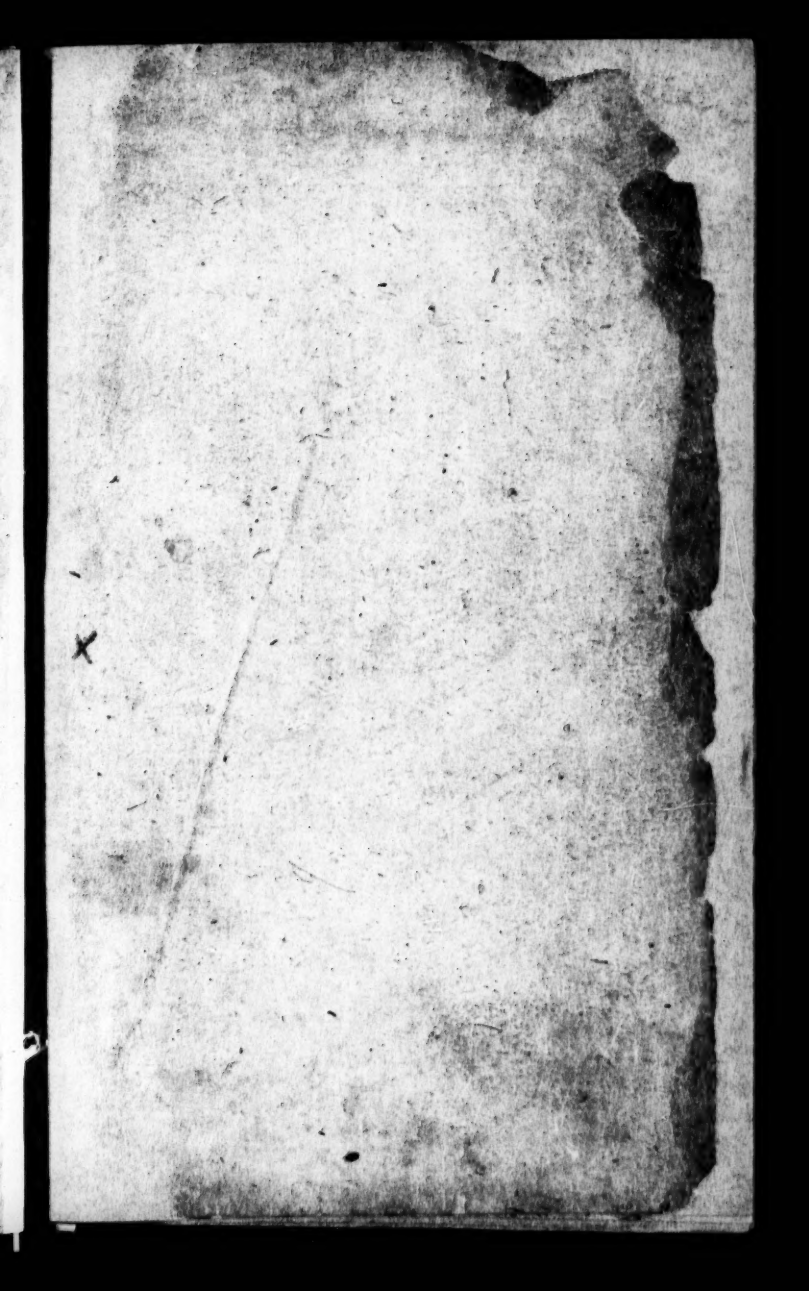
The Sixth Edition with Additions.

L O N D O N

Printed for *Eben Tacey*, at the *Three Bibles* on *London-Bridge*. 1700.

23

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The Compleat Servant Maid



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THE
EPISTLE
TO ALL
Young Maidens.

Sweet Hearts,

THE great desire I have for you
good, advantage, and pre
ferment in the World, is suc
that I respect it equal with my own.
have therefore with great pains and in
dustry composed this little Book, a
a Rich Store-House for you, from
whence you may be furnished, with
such excellent Directions as may qua
lifie you for, and make you capable

The Epistle to

of serving the greatest person of Honour or Quality, or a Gentleman or Gentlewoman, either in City or Country. For besides those necessary directions which teach you how to behave and carry your self, and perform your duty in the several employments of Waiting-Woman, House-Keeper, Chamber-Maid, Cook Maid, Under-Cook-Maid, Nursery-Maid, Dairy-Maid, Laundry-Maid, House-Maid, and Scullery-Maid, you have directions for Preserving, Conserving, and Candying: for Writing the most usual hands for Women, as Mixt Hands, Roman and Italian Hands or Arithmetick, as much as is necessary for your Sex: Also the Art of Carving, and Distilling, with choicest Receipts for Physick and Chirurgery

all Young Maidens.

ry : for Washing and Starching of
Tiffanies, Points, and Laces : For
making of Pies, Custards, Cheesecakes and the like : Also for making
of Pickles and Sawces, and for dressing
of Flesh, Fowl, and Fish, and
for making several sorts of Creams and
Syllabubs,

With variety of choice Receipts for
preserving the Hair, Teeth, Face
and keeping the Hands white : Also
a Bill of Fare of the most usual and
proper Meats for every Month in the
Year. So that if you carefully and
diligently peruse this Book, and observe
the Directions therein given
you will soon gain the Title of a Compleat
Servant Maid, which may be the
means of making you a good Mistress :
For there is no Sober, Hon

The Epistle &c.

nest, and Discreet man, but will make choice of one, that hath gain'd the Reputation of a Good and Compleat Servant, for his Wife, rather than one who can do nothing. but Trick up her self fine, and like a Bartholomew Baby, is fit for nothing else but to be looked upon.

This Consideration, will, I hope, Stir you up to the Attaining of the most Excellent Qualifications, and Accomplishments. Which that you may do, is the earnest desire of your Well Wisher.

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GENERAL DIRECTIONS TO Young Maidens.

IF you would endeavour to gain the esteem and reputation of a good Servant, and so procure to yourself only great Wages, but also great Gifts and Vales, the love and respect of your Lady or Mistress, and the blessing of God Almighty upon all your lawful endeavours, you must in the first place, be mindful of your duty to your Creator, according to the advice of Solomon, Eccles. 12. 1. *Remember thy Creator in the days of thy Youth.* Be careful that you say your Prayer Morning and Evening, that you read good Books, and hear Sermons as often as conveniently you can.

The Compleat

2. That you endeavour carefully to please your Lady, Master or Mistress ; be faithful diligent and submissive to them, encline not to sloth, or laze in bed, but rise early in a Morning.

3. Be humble and modest in your behaviour.

4. Be neat, cleanly, and housewisely in your cloths, and lay up what Money can handsomely be spared.

5. Be careful of what is given you, or what you have in your Charge, that by so doing you may oblige them to be loving and kind to you, and cause them to speak well of you.

6. Do not keep familiarity with any, but chose with whom you may improve your time.

7. If you are entrusted with any secrets, be careful that you reveal them not.

8. Be careful that you waste not, or spoil your Ladies or Mistresses goods, neither sit you up junketing a nights, after your Master and Mistress be a-bed.

Lastly, If you behave your self civilly and be neat, cleanly, and careful to please, you will be cherished and encouraged, not only with good Words, but good Gifts.

Thus have I given you some short directions in general, I shall now give you particular

Servant-Maid.

ticular directions for every employ, from the Waiting-Gentlewoman to the Sclery-Maid; that so you may be capable serving in the highest as well as the low place.

Directions for such as desire to Waiting-Gentlewomen.

IF you desire to be a Waiting-Gentlewoman to a Person of Honour or Quality you must,

1. Learn to dress well.
2. Preserve well.
3. Write well a legible hand, good Language and good English.
4. Having some skill in Arithmetick.
5. Carve well.

Having learned these, you must remember to be courteous and modest in your haviour to all persons according to the degree, humble and submissive to your Lord and Lady, and Master or Mistress, neat in your Habit, loving to Servants, sober your countenance and discourse, not using any wanton gesture, which may give Gentlewomen

men any occasion to suspect you of levity ;
and so court you to debauchery, and by
that means lose a Reputation irrecoverable.
I shall now give you some short Direction
whereby you may learn to Preserve, Wine
well, Carve well, and have some skill in
arithmetick.

*Directions for Preserving, Conserving,
and Candyng.*

How to Preserve Barberries.

Make choice of the largest and fairest bunches, picking off the withered or shrunk
barberries, and wash them clean, drying
them in a clean cloth, after this take a quantity
of Barberries, and boyl them in Claret-
till they be soft, then strain them well
through a strainer, wringing the juice hard
rough it, boyl this strained Liquor with
sugar till it be thick and very sweet, let it
stand till it be cold, then put your branches
or Barberries into Gally-pots, and fill
them up with this Liquor : By this means
you will have both the Syrup of Barberries,
and their Preserves if you Moderatly bake them

To Preserve Pears.

Take Pears that are sound and newly gathered
from the Tree, indifferent ripe, then

lay in the bottom of an Earthen Pot some dried Vine leaves, and so make a lay of Pears and leaves, till the pot be filled up, laying betwixt each lay some sliced Ginger, then pour in as much old Wine as the pot will hold, laying some heavy thing on the Pears, that they may not swim, and Stew them.

To Preserve green Pippins.

Take half a score of green Pippins from the Tree, pare them, and boyl them in a pottle of Water till they are like a pulp, strain them from the Cores, then take two pound of Sugar and mingle it with the Liquor or pulp so strained, set it on the Fire, and as soon as it boyleth put in the Pippins you intend to Preserve, so let them boyl leisurely till they be enough. When they are Preserved they will be green. In like sort you may Preserve Quinces, Humbs, Peaches, and Apricocks, if you take them green.

To Preserve Black Cherries.

Take them fresh or as they come from the Tree and out of the Stalk, take one pound of Sugar for two pound of Cherries, seeth and clarifie them and when they are half boyl'd put in your other Cherries, and let them seeth softly together, until the Sugar may be drawn between the Fingers like small Threads; when it is almost cold put the Cherries in the pots with the Stalks downwards.

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To Preserve Mulberries.

Take Mulberries and add to them the weight in Sugar, having wet your Sugar with some juice of Mulberries, then stir your Sugar together, and put in your Mulberries and boyl them till they are enough; then take them out and boyl the Syrup a while then put in the Mulberries and let them stand till they be cold.

To Preserve Oranges and Limons.

Take the fairest you can get, and lay them in Water three days and three nights to take away their bitternefs, then boyl them in fair Water till they be tender, make as much Syrup as will make them swim about the Pan, let them not boyl long, for then the skin will be tough, let them lie all night in the Syrup, that they may soak themselves therein. In the Morning boyl the Syrup to a convenient thickness, then with it and the Oranges and Limons, fill your Gally-pots, and keep them all the Year: In this manner you may Preserve Citrons.

To Preserve Gooseberries.

Let the Gooseberries be gathered with their stalks on; cut off their heads and stone them, then put them in scalding Water and let them stand therein a little while, then take their weight of Sugar finely beaten, and lay first a layer of Sugar, then of Goose-

Servant-Maid.

berries in your preserving Pot or Skillet, till all be in; put in for every pound of Gooseberries a spoonful of fair Water, set them on the Embers till the Sugar be melted, then boil them as fast as you can, till the Syrup be thick enough, when cold put them up: In this manner you may preserve Raspices, and Mulberries.

To preserve Roses.

Take one pound of Roses, three pound of Sugar, one pint and a little more of Rose-water, make your Syrup first, and let it stand till it be cold, then take your Rose-leaves having first clipp'd off all the white, put them in the cold Syrup, and cover them. let your Fire be very soft, that they may only simmer two or three hours, then they are hot, put them out into Glasses for your use.

To Preserve Cherries.

Take Cherries fully ripe and newly gathered, put them to the bottom of the Preserving Pan, let the Cherries and Sugar be of equal weight, throw some Sugar on the Cherries and set them on a quick Fire, and as they boyl throw on the Sugar till the Syrup be thick enough, then take them out and put them into a Gally pot whilst they are warm; it will not be amiss to add two or three spoonfuls of Rose-water to them.

The Compleat

To Preserve ripe Apricocks.

Let the weight of your Sugar equal the weight of your Apricocks, what quantity soever you have a mind to use; pare and stone your Apricocks and lay them in the Sugar in the Preserving Pan all Night, and in the Morning set them on the Embers till the Sugar be melted, and then let them stand and scald an hour, then take them off the Fire and let them stand in that Syrup two days, and then boyl them softly, till they be tender and well coloured, and after that when they are coloured, put them up in Glasses or Pots, which you please.

To Preserve green Walnuts.

Take Walnuts and boyl them till the Water be bitter, then take them off and put in cold Water and peel off their rinds, and cover them as much Sugar, as their weight, and a little more Water than will wet the Sugar, set them on a Fire, and when they boyl up take them off, and let them stand two days, then boyl them again once more.

To Preserve Eringo Roots.

Take Eringo Roots fair and knotty, one pound, and wash them clean, then set them on the Fire and boyl them very tender, peel off their outermost skin, but break them not as you pare them; then let them lie a while in

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cold Water, after this you must take to every pound of Roots, three quarters of a pound of Clarified Sugar, and boyl it almost to the height of a Syrup, and then put in your Roots, but look that they boyl but gently together, and stir them as little as may be for fear of breaking; when they are cold put them up and keep them.

To Preserve Enula Campana Roots.

Wash them and scrape them very clean, and cut them thin to the Pith, the length of your little Finger, and as you cut them, put them in Water, and let them lie there thirty days, shifting them twice every day to take away the bitterness: Then weigh them, and to every pound of Roots twelve ounces of Sugar Clarified, first making the Roots very tender, then put them into the Sugar, and let them boyl upon a gentle Fire until they be enough; having stood a good while on the Fire, put them up between hot and cold.

To make Conserve of Roses.

Take Red Rosebuds, clip all the white either bruised or withered from them, then add to every pound of Roses three pound of Sugar, stamp the Roses very small, putting to them a little juice of Limons or Rose-water as they become dry: When you think your Roses small enough, then put

your Sugar to them, so beat them together till they be well mingled, then put it up in Gally-pots or Glasse. In this manner is made the Conserve of Flowers of Violets, which doth cool and open in a burning Fever or Ague; being dissolved in Almond Milk and so taken, are excellent good for any Inflammation in Children. Thus you may also make the Conserve of Cowslips, Marigolds, Sage and Scabious, and the like.

How to Candy all sorts of Flowers, as they grow with their Stalks on.

Take the Flowers, and cut the Stalks somewhat short, then take one pound of the whitest and hardest Sugar you can get, to it eight spoonfuls of Rose-water and beat it till it will roll between your little Fingers and your Thumb, then take it from the Fire and cool it with a stick, and as it waxeth cold dip all your Flowers, and taking them out again lay them one by one on the bottom of a Sieve, then turn a Joynt Stool with the feet upward, set the Sieve on the feet thereof, then cover it with a fair Linen Cloth and set a Chafing-Dish of Coals in the middle of the Stool underneath the Sieve, and the heat thereof will dry your Candy speedily, which will look very pleasantly, and keep the whole year.

Servant, Maid.

To Candy Eringo Roots.

Take of your Eringo Roots, ready to be Preserved and weigh them, and to every pound of Roots, you must take of the purest Sugar you can get two pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Crystal : It being Clarified you must boyl it to the height of *Manus Christi*, and then dip in your Roots two or three at once, till they are all Canded : Put them in a Stove and so keep them all the Year.

The best way to dry Plumbs.

Take Plumbs when they are fully grown, with the Stalks to them, however let them be green ; split them on the one side, and put them in hot Water, but not and so let them stand three or four to a pound of them take three quarters pound of Sugar beaten very fine, and eight spoonfuls of Water to every pound, set them on hot Embers till the Sugar be melted, and after that boyl them till they be very tender, letting them stand in the Syrup two or three days to plump them, then take them out and wash the Syrup from them with warm Water, and wipe them dry in a fair Linen Cloth, then set them on Plates, and let them dry in a Stove ; dry them not in any Oven, for then they will be tough.

Colours

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Colours for Fruit.

If you would colour Fruit yellow, you must make use of Saffron, for the best Green Colour take Sapgreen, and for the best Red, Indian Lake, &c. You must be sure to mix the Colours with Gum-Arabick dissolved in Rose-water.

To make Marmalade of Quinces.

Take of the fairest Quinces, wash them very clean and stamp them very small, and wring out as much juice as you can, then take other Quinces and cut them in six pieces, put them in a pot, and let them be evaporated with hot Water, untill they be thoroughly mellow, then take half a Pot full of the former juice, and pour it upon the former, wred and cut in pieces, break it well together, and put the rest of the juice among it, then wring it thorough a clean thin Cloth, seeth no more of this juice at once than will fill a box therewith, and put white Sugar to it as much as you please.

How to make Syrup of Violets.

Boyl fair Water and scum it, and to every ounce so scum'd and boyld, take six quarters of the blew Violets, only shift them as before, nine times, and the last time take nine ounces of Violets, let them stand by

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ing the Liquor still on hot Embers, that it may be but milk-warm, after the first shifting you must stamp and strain the last nine ounces of Violets, and put in only the juice of them, then take to every pint of this liquor thus prepared, one pound of Sugar finely beaten, boyl it, and keep it stirring till all the Sugar is melted, which you must do if you can before it boyl, afterwards boyl it up with a quick Fire.

To make Syrup of Roses.

Take Damask Roses and clip off the white of them, for every pint of water, take six ounces of Roses, boyl your water, first and scum it, then let them stand twelve hours, wringing out the Roses and putting in new eight times, then wringing out the last put in the juice of four ounces only, and make it up as before.

To make Syrup of Coltsfoot.

Take the leaves of Coltsfoot and wash them very clean, then wipe them with a clean Cloth, leaf by leaf, then dry them well with a Cloth, then beat them in a mortar and put them in a strainer, and wring all the juice out of them, and put it into Glasses, let it stand in them to settle all night, the next day pour out the clearest of the juice from the grounds into a clean Basen, and take for every pint thereof a pound of

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Servant-Maid.

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To Preserve Cherries.

Take Cherries fully ripe and newly gathered, put them to the bottom of the Preserving Pan, let the Cherries and Sugar be of equal weight, throw some Sugar on the Cherries and set them on a quick Fire, and as they boyl throw on the Sugar till the Syrup be thick enough, then take them out and put them into a Gally pot whilst they are warm; it will not be amiss to add two or three spoonfuls of Rose-water to them.

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To Preserve Eriago Roots.

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Servant, Maid.

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How to Candy all sorts of Flowers, as they grow with their Stalks on.

Take the Flowers, and cut the Stalks somewhat short, then take one pound of the whitest and hardest Sugar you can get, to it eight spoonfulls of Rose-water and boil it till it will roll between your little Finger and your Thumb, then take it from the Fire, and cool it with a stick, and as it waxeth cold dip all your Flowers, and taking them out again lay them one by one on the bottom of a Sieve, then turn a Joynt Stool with the feet upward, set the Sieve on the feet thereof, then cover it with a fair Linen Cloth, and set a Chafing-Dish of Coals in the middle of the Stool underneath the Sieve, and the heat thereof will dry your Candy speedily, which will look very pleasantly, and keep the whole year.

Servant, Maid.

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The best way to dry Plumbs.

Take Plumbs when they are fully grown, with the Stalks to them, however let them be green ; split them on the one side, and put them in hot Water, but not and so let them stand three or four to a pound of them take three quarters pound of Sugar beaten very fine, and eight spoonfuls of Water to every pound, set them on hot Embers till the Sugar be melted, and after that boyl them till they be very tender, setting them stand in the Syrup two or three days to plump them, then take them out and wash the Syrup from them with warm Water, and wipe them dry in a fair Linen Cloth, then set them on Plates, and let them dry in a Stove ; dry them not in any Oven, for then they will be tough.

Colours

The Compleat

Colours for Fruit.

If you would colour Fruit yellow, you must make use of Saffron, for the best Green Colour take Sappgreen, and for the best Red, Indian Lake, &c. You must be sure to mix the Colours with Gum-Arabick dissolved in Rose-water.

To make Marmalade of Quinces.

Take of the fairest Quinces, wash them very clean and stamp them very small, and wring out as much juice as you can, then take other Quinces and cut them in six pieces, put them in a pot, and let them be evaporated with hot Water, untill they be thoroughly mellow, then take half a Pot full of the former juice, and pour it upon the former, wed and cut in pieces, break it well together, and put the rest of the juice among it, then wring it thorough a clean thin Cloth, seeth no more of this juice at once than will fill a box therewith, and put white Sugar to it as much as you please.

How to make Syrup of Violets.

Boyl fair Water and scum it, and to every ounce so scum'd and boyld, take six quarters of the blew Violets, only shift them as before, nine times, and the last time take nine ounces of Violets, let them stand between times of shifting twelve hours, keep.

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g the Liquor still on hot Embers, that it may be but milk-warm, after the first shifting you must stamp and straine the last nine ounces of Violets, and put in only the juice of them: then take to every pint of this liquor thus prepared, one pound of Sugar newly beaten, boyl it, and keep it stirring till all the Sugar is melted, which you must do if you can before it boyl, afterwards boyl up with a quick Fire.

To make Syrup of Roses.

Take Damask Roses and clip off the white of them, for every pint of water, take six ounces of Roses, boyl your water, scum it and scum it, then let them stand twelve hours, wringing out the Roses and putting in new eight times, then wringing out the last put in the juice of four ounces only, and make it up as before.

To make Syrup of Coltsfoot.

Take the leaves of Coltsfoot and wash them very clean, then wipe them with a clean Cloth, leaf by leaf, then dry them well with a Cloth, then beat them in a mortar and put them in a strainer, and wring all the juice out of them, and put it into Glasses, and let it stand in them to settle all night, the next day pour out the clearest of the juice from the grounds into a clean Bason, and take for every pint thereof a pound of Sugar

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Sugar finely beaten, boyl the juice of Coltsfoot softly on a Charcoal Fire, and when you have well scum'd it, put in the Sugar according to its proportion, and so let them boyl together keeping it with due scumming until it will stand on a stiff purl, dropping it on a Plate: Then take it from the Fire and pour it thorough a jelly Bag into a fair Bason, putting first a Branch or two of Rosemary into the bags bottom, then keep it stirring with a spoon until it be lukewarm otherwise it will have a Cream upon it, so letting it stand all night, put it in what Vessels you think fit to keep it in for your future Use and Service.

By the aforesaid Rules and directions, you may make most sorts of Syrups now in use, as Syrup of Wormwood, Bettony, Borage, Bugloss, Carduus, Chamomil, Succory, Endive, Strawberries, Fumitory, Purslain, Sage, Scabious, Scordium, Housleek and the like.

Thus having given you some short Directions for preserving, Conserving, and Candyng, I shall in the next place give you some Rules and Directions, how you may attain to Write a good legible Hand,

Directions for Writing the most Usual and Legible Hands for Women; as Mixt Hand, Roman Hand, and Italian Hand.

Before I come to give you full Directions for the Writing of the aforesaid Hands, I shall give you some Instructions how to make a Pen, hold a Pen, how to sit to Write, together with some other Necessaries for Writing.

How to make a Pen.

Having a Penknife with a smooth thin sharp Edge, take the first or second Quill of a Goose Wing and scrape it, then hold it in your Left hand with the Feather end from you, beginning even in the back, cut a small piece off sloping, then to make a slit enter the knife in the midst of the first cut, put in a Quill and force it up, so far as you desire the slit should be in length, which done, cut a piece sloping away from the other side above the slit, and fashion the nib by cutting off both the sides equally down, then place the nib on the Nail of your left hand Thumb, and to end it draw the Edge into it slanting, and being half thorough turn the Edge almost downright, and cut it off.

The Compleat

How to hold your Pen.

Hold the Pen in the Right Hand, with the hollow side downward, on the left side place your Thumb rising in the joynt; on the right side your middle Finger, near half an Inch from the end of the Nib, and your fore Finger on the top, a small distance from your Thumb.

How to sit to Write.

Chuse a fore-right light, or one that comes on the Left Hand, hold your Head up the distance of a span from the Paper, when you are Writing hold not your Head one way or other, but look right downward: Draw in your Right Elbow, turn your Hand outward and bear it lightly, gripe not the Pen too hard, with your Hand stay the Paper.

Necessaries for Writing.

Let your Ink be thin, such as may freely run from the Pen, let the Paper which you Write on be white, fine, and well gumm'd or dispatch procure a round Ruler, for certainty a flat one, at your first Writing rule double lines, with a Quill cut forked the depth of your intended Letters, or else with a black Lead Pen: Rub your Paper lightly with Gum-sandarack beaten fine, and tyed up in a Linen Cloth, which makes the Paper

per bear Ink better, and the Pen run more smooth.

Directions for Writing in mixt Hand.

In writing of this Hand I would advise you to a Pen with an even nib, a long slit, and not too hard ; rule double lines, that you may keep your Letters even at head and foot. Keep a waste Paper under your hand, whereon to try every Letter before you write it fair. At the first write slowly and carefully, diligently mind your Copy, and observe the true Proportion and Agreement of Letters.

First, in their Compassing, as the a, b, d, g, o, p, q, &c which must be made with equal Whites.

Second, In their lengths and depths, keep them even at head and foot.
an equal height

Thirdly, Keep the Stems of all Letters to

Fourthly, Let all incline one way to the right hand or to the left.

Fifthly, In making all heads of long Letters, begin then on the left side, then turn your Pen to a flat, and draw it down smoothly on the right side.

These Rules well observed, will be sufficient for this Hand ; therefore I shall proceed to give you

The Compend

Directions for the Roman hand.

When double lines are ruled, and every thing ready; with an indifferent sized Pen, well cut, first imitate the small l, n, and o, so long till you can make them well: then proceed to make the small Letters that bear resemblance one to another, as c, e, a, o, g, then the b, d, f, h, k, l. and A. which stems, or Body strokes, keep of an equal height.

Directions for Italian Hand

Since the exact writing of these Hands depends wholly on the form of an Oval, I would advise you to use your hand to the making of a larger and lesser Oval. This Hand must be written with a Pen that hath a clear long slit, and a long small nib; and the Hand in writing thereof must be bore lightly and freely. In your imitation, observe the Rule for likeness of Letters delivered in the Roman. In Joyning you must unite all such Letters, as will naturally joyn by small hair strokes, drawn with the left Corner of the Pen; and imitate the Copy.

I shall now give you some Directions whereby you may understand so much of Arithmetick, as is necessary for keeping your Accompts; viz. Numeration, Addition, and Subtraction.

Here Place the two Plates.

Directions for Arithmetick.

Of Numeration.

Numeration is that Part of Arithmetick, whereby we may duly value and express any Figures set down in their places, and that you may the better know and understand what it is, I have here inserted the Table of Numeration.

Unites.	Tens.	Hundreds.	Thousands.	X. of Thousands.	C. of Thousands.	Millions.	X. of Millions.	C. of Millions.
1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9

This Table hath nine places, and in every one of them are set the value of each figure at the upper end of the Table; so that by this you may learn to express any Number. Every Figure hath its denomination; as one Unites, another Tens, another Hundred, &c. So that if you would number the first line, which are all ones, you must begin with the first figure on your left hand; look over the head of it, and you will see its denomination, which is hundreds of Millions. You must therefore reckon thus, One hundred and eleven Millions, One hundred and eleven thousand, One hundred and eleven: Two hundred twenty two Millions, two hundred twenty two thousand, two hundred twenty two; and so of any of the rest of the Figures.

Thus much for Numeration, which shews you the place of the Figures. The next thing you must learn is Addition, which shews you the adding together of figures.

Of Addition.

Addition is that part of Arithmetick, which shews to collect or add divers Summs together, and to express their Total value in one Summ.

As for Example, suppose you had disbursed for your Lady several Summs of Money as.

	lib.
For Wine,	5
For Sugar,	4
For Oranges,	3
For Limons,	2
	<hr/>
In all	14

Now, to know how much the Total this is, which you have laid out, you must add them up together; beginning at the bottom say, 2 and three makes 5 and 4 is 9 and 5 is 14 So that it doth appear that the Total Sum which you have disbursed, is 14 pound therefore make a stroke at the bottom, and set down 14 underneath, as you see in the Example.

Thus much may suffice for pounds alone but if your disbursements consist of pound
B 3 shilling

The Compleat

shillings, pence, and farthings, you must set it down after this manner :

	lib.	s.	d.	q.
For Wine,	7	12	09	2
For Oranges,	0	17	03	1
For Limons,	1	02	11	3
For Sugar,	3	09	04	2
For Quinces,	1	15	03	0
For Apricocks	0	07	09	0
	<hr/>			
Total	15	05	05	0

Now to cast up this, you must know that four farthings make one Penny, twelve pence make one Shilling, twenty Shillings make one pound. Therefore in the first place add up the farthings ; saying, 2 and 3 make 5, and 1 is 6, and 2 is 8, which is all the number of farthings; you must therefore say, 8 farthings make two pence, which you must carry to the next Row towards your left hand , which is Pence ; setting down a Cypher or round 0 underneath the farthings, because there doth remain no odd farthings, Now add up the Pence ; saying, 2 which you carried, and 9 is 11, and 3 is 14, and 4 is 18, and 11 is 29. and 3 is 32. and 9 is 41 : Then say 41 pence make three shillings, five Pence , therefore set the 5 pence underneath the Title pence and carry the 3 shillings to

the next row on your left hand, which is shillings; saying 3 which I carried, and 7 is 10, and 15 is 25, and 9 is 34, and 2 is 36, and 17 is 53, and 12 is 65: Then say 65 shillings make three pounds, 5 shillings; which 5 shillings set down under the row of shillings, and carry the three pounds to the next row on the left hand, which is pounds; saying 3 which I carried and 1 is 4, and 3 is 7, and 1 is 8, and 7 is 15; which 15 set under the row of pounds, and then you will plainly see, that the Total of what you have disbursed come to fifteen pound, five shillings, and five pence. Now to prove whether your Summ be right added or cast up, you must cut off the uppermost line, with a stroke drawn as you may see in this Example.

Then cast up all your Summ to that stroke; which by so doing, you will find come to seven pound, twelve shillings, seven pence, half penny; which set down

lib.	s.	d.
07	12	09
00	17	03
01	02	11
03	09	04
01	15	03
00	07	06
15	05	05
07	12	07

underneath your Total Summ: Then add the Summ with the uppermost line you cut off and if they both make the same Summ as the Total, the Summ is right cast up, other

wife not, as you may see by this Example ; for seven pounds, twelve shillings seven pence halfpenny, added to the uppermost line, which is seven pound, twelve shillings, nine pence halfpenny, makes the Total Summ, which is fifteen pound, five shillings, five pence.

Thus much for Addition ; the next thing you are to learn is Subtraction.

Of Subtraction.

THIS Rule teacheth you to Subtract a lesser Summ from a greater, and then to know what remains, as suppose your Lady order you to receive of *John Jones*, an hundred and twenty pounds, and then to pay to *Goodman Stiles* seventy five pounds, how would you know what you have remaining in our Hands ? To do this you must first set down the greatest Summ, underneath the lesser Summ : As for exanple,

Now Subtract the	lib.
Lesser from the greater	Received 120
Then you will see	Paid 75
What remains, which	<hr/>
You must do thus :	Remains 45
75 from 0 I can-	

not, but 5 from 10 and there remains 5.
Then say one which I borrowed and 7 is 8 ;
8 from

8 from 12 and there remains 4, which set down under the 7 as you see in this Example. So you may plainly see if you receive a hundred and twenty pound, and pay away seventy five pounds, you must have remaining in your hands forty five pounds.

Another Example, suppose you receive for your Lady at several times, these Summs of money following.

	lib.	s.	d.
Received	212	14	10
	75	09	04
	30	12	06
	05	04	03
	<hr/>		
In all	324	00	11

Which added up together make three hundred twenty four pounds and eleven pence. Then suppose

you have paid out these Summs following ; which added together, make in the Total that you have paid , two hundred fourteen pounds, six shillings and five Pence.

	lib.	s.	d.
Paid	127	14	06
	49	02	04
	32	03	09
	15	05	10
	<hr/>		
	214	06	05

Now to Subtract and know what you have remaining, set down the Total of what

you have received, and underneath the Total of what you have paid, thus:

Then Subtract, saying five pence from eleven pence and there

	lib.	s.	d.
Received	324	co	11.
Paid	214	06	05
	109	14	06

remains six pence, which set down under the pence; then say six shillings from nought I cannot, but take 6 shillings from twenty, and there remains 14 shillings; then go to the pounds and say, one that I borrowed and 4 is 5, 5 from 4 I cannot, but take 5 from 14 and there remains 9, which set down right under 4 in the pounds, then say one that I borrowed and one is 2, 2 from 2 and there remains nothing, which set down under; then say 2 from 2 and there remains one, which set down right under the 2; So you will plainly see, there remains one hundred and nine pounds, fourteen shillings and six pence. Now for proof to know whether your Summ be right, add the two lowermost lines together, and if they produce the same figures which the uppermost line hath, then is your Summ right, and not otherwise.

Thus have I briefly and plainly shown you so much of Arithmetick, as is necessary for your keeping account of what you receive and disburse for your Lady, Master or Mistress. I shall now give you some Directions for Carving.

Directions for Carving.

I Shall in the first place acquaint you with those proper Terms that are used by the curious in the Art of Carving.

In cutting up all small Birds it is proper to say Thigh them, as thigh that Woodcock, Thigh that Pigeon : but as to others say, Mince that Plover, Wing that Quail, and Wing that Partridge, Allay that Pheasant, Untack that Curlew, Unjoynt that Bittern, disfigure that Peacock, Display that Crane, Dismember that Hern, Unbrace that Mallard, Frust that Chicken, Spoil that Hen, Sawce that Capon, lift that Swan, Reer that Goose, Tire that Egg, : As to the Flesh of Beasts, Unlace that Coney, Break that Deer, Leach that Brawn : For Fish chine that Salmon, String that Lamprey, Splat that Pike, Sawce that Plaice, and Sawce that Tench, Splay that Bream ; Side that Haddock, Tusk that Barbel, Culpon that Trout, Transon that Eel, Trance that Sturgion, Tame that Crab, Barb that Lobster, &c.

How to Lift a Swan.

Slit her right down in the middle of the Breast, and so cleane thorow the Back, from the Neck to the Rump, and so divide her equally.

qually in the middle, without taring the Flesh from either part. Having laid it in the dish with the slit side downwards, let your Sawce be Chaldron apart in Sawcers.

How to Rear or break a Goose.

This must be done by taking off the Legs very fair, then cut off the Belly-piece round, close to the lower end of the Breast, lace her down with your Knife clean thorow the Breast, on each side two thumbs breadth from the Breast-bone, then take off the Wings on each side with the Flesh which you first laced, raising it up clear from the Bone, then cut up another piece of Flesh which you formerly laced, then turn your Carcas, and cut asunder the Back-bone about the loyn-bones; then take the Rump end of the Back-bone, and lay it at the fore-end of the Merrythought with the skin side upward; then lay your Pinnion on each side contrary, set your Legs on each side contrary behind them, that the Bone end of the Legs may stand up cross in the middle of the dish, and the Wing Pinnions on the outside of them, put under the Wing Pinnions on each side, the long Slices of Flesh which you did cut off from the Breast bone,

bone, and let the ends meet under the Leg-bones.

How to cut up a Turkey or Bustard.

To do this, you must raise up the leg very fair, then open the Joynt with the point of your sharp Knife, not yet take off the Leg; then lace down the Breast on both sides, and open the Breast Pinnion, but take it not off, then raise up the Merry-thought betwixt the Breast-bone, and the top of the Merry-thought, lace down the Flesh on both sides of the Breast-bone, and raise up the flesh called the Brawn turn it outwards on both sides, but break it not, nor cut it off, then cut off the Wing Pinion at the joynt next the Body, and stick on each side the Pinnion in the place where you turn'd out the Brawn, but cut off the sharp end of the Pinnion, take the middle piece and that will just fit the place, you may cut up a Capon or Pheasant the same way, but be sure you cut not off the Pinnion of your Capon, but in the place where you put the Pinnion of the Turkey, place there your divided Girard, on each side half.

How to dismember a Hen.

To do this you must take off both the Legs, and lace it down the Breast, then raise up the Flesh, and take it clean off with the Pin-

nion, then stick the head in the Breast, set the Pinnion on the contrary side of the Car-kass, and the Legs on the other side so that the bones ends may meet cross over the Car-kass and the other Wing cross over upon the top of the Car-kass.

How to unbrace a Mallard.

Raise up the Pinnion and the Leg, but take them not off, raise the merry-thought from the Breast; and lace it down slopingly, on each side the Breast with your Knife.

How to unlace a Coney.

In doing this you must turn the Back downwards and cut the Belly flaps clean off from the Kidney, then put in the point of your Knife between the kidneys, and loosen the Flesh from each side the Bone, then turn up the Back of the Rabbet and cut it cross between the Wings and lace it down close by the Bone on each side, then open the flesh from the Bone against the kidneys, and put the Leg open softly with your hand, but pluck it not off; then thrust in your Knife betwixt the Ribs and the Kidney, slit it out, then lay the Legs close together.

How to Atlay a Pheasant.

To do this you must raise his Wings and
Legs,

Legs, and so proceed as you are before taught in the dismembring a Hen.

To Display a Crane.

In doing this you must unfold his Legs and cut off his Wings by the joynts, then take up his Wings and Legs and sawce them with powder of Ginger, Mustard, Vinegar, and Salt. You may dismember a Hern in the same manner, and sawce him accordingly.

Thus have I given you some short, but necessary directions, which may qualifie you for the waiting upon a Person of Honour or Quality.

Directions for such who intend to be House-keepers to Persons of Honour or Quality.

THose Persons who would qualifie themselves for this imployment, must in their Behaviour carry themselves grave, solid and serious ; which will inculcate into the beliefs of the Persons whom they are to serve, that they will be able to govern a Family well. They must endeavour to gain a Competent

competent knowledge in Preserving, Conser-
ving, and Candying, making of Cates, and all
manner of Spoon-meats, Jellies, and the like.
Also in Distilling all manner of Water.
They must likewise endeavour to be careful
in looking-after the rest of the Servants, that
every one perform the duty in their several
places, that they keep good hours in their up-
rising, and lying down, and that no goods
be either spoiled or embezzled. They must
be careful also, that all Strangers be nobly
and civilly used in their Chambers, and that
your Master or Lady be not dishonoured
through neglect or miscarriage of Servants.
They must likewise endeavour to have a
competent knowledge in Physick and Chyrur-
gery, that they may be able to help their
maimed, sick and indigent Neighbours; for
commonly, all good and charitable Ladies
make this a part of their House-keeper's
business.

Directions for Distilling of Waters.

To make Aqua Mirabilis.

TAKE three pints of White-wine; of *A-*
qua Vita and juice of Celendine, of
each a pint, one dram of Cardamum, one
dram

dram of Mellilot-flower, Cubeds a dram ; of Galingal, Nutmegs, Cloves, Mace, Ginger, of each a dram : mingle all these together over night ; the next Morning, set them a stinging in a glass Limbeck. This admirable Water dissolveth the swelling of the Lungs, and restoreth them when perished : It suffereth not the Blood to Putrifie, neither need he or she to breath a Vein, that useth this excellent Water often. It cureth the Heart-burn, and expelleth Melancholy and Flegm, it expelleth Urine, and preserveth a good Colour in the Face, and is an utter Enemy to the Palsie. Take three spoonfuls of it at a time, Morning or Evening twice a week

To make Dr. Stephens his Famous Water.

Take a Gallon of Gascoin Wine, of Ginger, Galingal, Cinnamon, Grains, Cloves, Mace, Nutmegs, Anise-seeds, Caraway-seeds, Coriander-seeds, Fenil-seeds and Sugar, of every one a dram ; then take of Sack and Ale, a quart of each : of Camomile, Sage, Mint, Red-Roses, Tyme, Pellitory of the Wall, wild Marjoram, wild Tyme, Lavender, Penny-Royal, Fenil Roots, and Setwal Roots, of each half a handful : then beat the Spice small, and bruise the Herbs, and put all together into the Wine, and so let it stand sixteen hours

hours, stirring it now and then, then distil it, in a Lembeck; with a soft fire. Put the first pint of Water by it self, for it is best.

The principal use of this water is against all old Diseases; it preserveth Youth, comforteth the Stomach, cureth the Stone, what nature soever, using but two Spoonfull in seven days. It preserved Dr. Stephens ten years Bed-ridden, that he lived ninety eight years.

An excellent Water for the Eyes.

Take a new laid Egg and roast it hard then cut the shell in the midst, and take out the yolk, and put some white Coperas where the yolk was; then bind the Egg together again, and then let it lie till it begin to be a Water; then take the White forth from both sides the Egg, and put the same into a glass of fair running Water, and so let it stand a while, then strain it through a fair Linnen Cloth, and keep it close stopped in a glass; and therewith wash your Eyes morning and evening,

To make an excellent Plague water.

Take a pound of Rue, Rosemary, Sage, Sorel, Celandine, Mugwort, of the tops of Red Brambles, Pimpernel, wild Dragons, Agrimony, Balm, Angelica of each

Servant-Maid.

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a pound : Put these together in a pot : Then fill it with White-Wine above the Herbs, so let it stand four days ; then distil it in an Alembick for your use.

To make an excellent Surfeit Water.

Take Celandine, Rosemary , Rue, Pelitory of Spain, Scabious , Angelica, Pimpernel, Worm-wood , Mugwort, Betony, Agrimony, Balm , Dragon and Tormential, of each half a pound ; shred them very small, and put them into a narrow mouthed pot, and put to them five quarts of White-Wine ; stop it close, and let it stand three days and nights, stirring it morning and evening ; then take the Herbs from the Wine, and distil them in an ordinary Still ; and when you have distilled the Herbs, distil the Wine also ; wherein is Virtue for a weak Stomach. Take three or four spoonfuls at any time.

To make Angelica Water.

Take a handful of Carduus Benedictus and dry it ; then take three ounces of Angelica Roots, one dram of Myrrh, half an ounce of Nutmegs, Cinamon , and Ginger, four ounces of each, one dram and an half of Saffron ; of Cardonius , Cubebs , Gallin-gal and Pepper, of each a quarter of an ounce.

ounce, two drams of Mace, one dram of Grains; of *Lignum Aloes*, Spikenard, *Juncus Odoratus*; of each a dram; Sage, Borage, Bugloss, Violets, and Rosemary Flowers, of each half a handful. Bruise them, and steep them in a pottle of Sack twelve hours, and distil it as the rest.

To make Mint-Water

Take two parts of Mint, and one part of Worm-wood, and two parts of Carduus; put these into as much new Milk as will soak them. Let them infuse five or six hours, then distil it as you do Rose-water; but you must often take off the Head and stir the Water well with a stick. Drink of this Water a Wine-glass full at a time, sweetned with white Sugar to your Taste.

To make a very good Cordial-Water, without distilling.

Take two quarts of Brandy, and keep it in a great Glass with a narrow mouth; put into it of Cloves, Nutmegs, Cinamon, Ginger, Cardamum-seeds, Coriander-seeds, Anise-seeds, Liquorish, of each of these half an ounce bruised; Long Pepper and Grains, of each one dram bruised, Elecampane one quarter of an ounce bruised: Let all these steep in the Brandy a fortnight; then pour

it out into a long Glas softly, so long as it will run clear : then put more Brandy into the Glas where the Ingredients are, and let that stand three weeks ; and so long as you find there is any Strength in the Ingredients, still put in more Brandy, and let it stand every time longer and longer. Then take your first two quarts of Brandy which you poured off, and put in it four ounces of white Sugar-candy, and so much Syrup of Clove-Gilliflowers as will colour it, with store of Leaf Gold : Give two spoonfuls at a time. It is good in case of any Illness or Swounding to drive out any Infection and venomous Humors.

To make Poppy-Water.

Take of Red Poppies four pound, put to them a quart of White-Wine , then distil them in a common Still ; then let the distilled Water be poured upon fresh flowers, and repeated three times ; to which add two Nutmegs sliced , Red Poppy flowers a pugil, White Sugar two ounces ; set it to the fire to give it a pleasing sharpness, and order it according to your taste.

To make Rose-Water.

Stamp the Leaves , and first distil the Juice, afterwards distil the leaves ; and so
you

you may dispatch more with one Still, than others with three or four ; and this Water is every way as Medicinable as the other ; serving well in all Decoctions and Syraps , though it be not altogether so pleasing to the smell.

To make Spirits of Roses.

Bruise the Rose in his own juice, adding thereto, being temperately warmed, a convenient proportion, either of Yeast or Ferment ; leave them a few days to ferment, till they get a strong and heady Smell near like to Vinegar ; then distil them, and draw so long as you find any scent of the Rose to come ; then distil again so often, till you have purchased a perfect Spirit of the Rose. You may also ferment the juice of Roses only, and after distill the same.

To make an excellent Water, which comforteth the Vital Spirits, and helpeth the inward Diseases which come of Cold, as the Palsie, Contraction of Sinews ; also it killeth Worms, and comforteth the Stomach ; it cureth the Dropsie, helpeth the Stone and Stinking Breath, and maketh one seem young.

To make this, take a Gallon of Gascon Wine, Ginger. Gallinag, Nutmegs, Grain Clov

Cloves, Anise-seeds, Fenil-seeds, Carraway seeds, of each one dram : Then take Sugar Mint, Red Roses, Tyme, Pellitory, Rosemary, Wild Tyme, Camomile, and Laven-der ; then beat the Herbs and Spices smal and put it altogether into the Wine, and let it stand so twelve hours, stirring it divers times ; then distil it with a Limbeck, and keep the first Water, for it is best. Of a Gallon of Wine, you must not take above a Quart.

Directions for the making of some of the choicest Receipts in Physick and Chyrurgery.

A Receipt for an Ague.

TAKE the Root of a blew Lily, scrape it clean, and slice it, and lay it in soak all night in Ale ; and in the morning stamp it, and strain it, and give it the Patient to drink luke-warm, an hour before the Fit cometh.

To cure a Quartane Ague.

Take a white Flint-stone and let it lie in a quick Fire until it be red hot ; then take some small Beer and quench it therein : When the fit is coming, let the Diseased drink a good draught thereof, and another in

The Compleat

the midst of the Fit; Let this be done four several days both in the Fit, and when the fits is coming. This is accounted an excellent Receipt.

A very good Receipt to Comfort the Stomach.

Take two ounces of old Conserve of Red-Roses, and of Mithridate two drams; mingle them together, and when you are going to bed, eat thereof the quantity of an Halpenut. This will expel all flatulency, and windiness of the Stomach; drives away raw Humours and venomous Vapours; helpeth Digestion, and dried up Rheum, and strengtheneth the Sight and Memory.

To cure Corns.

Take Beans, and chew them in your Mouth, and then tye them fast to your Corns; and it will help. Do this at night.

For the Yellow Jaundice.

Take a green white Onion, and make a hole where the blade goeth out, to the bigness of a Chesnut; then fill the hole with Treacle, being beaten with half an ounce of English Honey, and a little Saffron; and set the Honey against the fire, to roast it well that the Onion do not burn; and when

Servant, Maid.

when it is roasted, strain it through a Cloth and give the juice thereof to the sick three days together, and it shall help them.

For the Black Jaundice.

Take Fennil-feed, Sage, Parsly, Gromwe of each a like quantity, and make Pottag thereof with a piece of good Pork, and eat no other meat that day.

For the Infection of the Plague.

Take a spoonful of Running Water, good quantity of Treacle, to the bignesse of an Halse Nut. Temper all these together and heat it luke-warm, and drink it ever four and twenty hours.

For all Fevers or Agues in Sucking Children.

Take Powder of Crystal, and steep it in Wine, and give it the Nurse to drink ; also take the Root of Devil's Bit, with the Herb and hang it about the Child's neck.

For the Head-Ach.

Take Rose-cakes and stamp them very small in a Mortar, with a little Ale, and let them be dried by the Fire to a Pot-shard and lay it on the Nape of the Neck to Bedward.

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*An excellent Dyet-Drink, for the Spring, to
purge and cleanse the Blood.*

Take of Scurvy-grass half a peck, Brooklime, Watercresses, Agrimony, Maiden-hair, Liverwort, Burrage, Bugloss, Betony, Sage, Sweet-Marjoram, Sea worm-wood, tops of green Hops, Fumitory, of each a good handful; of Ivory, Harts-horn, and yellow Saunders of each one ounce; Red Dock Roots two ounces, Purslain, Fennel, Asparagus Roots of each an ounce, of Raisins half a pound, boyl these very well in a Gallon of Beer, then stamp and strain them, and put into it three Gallons of new Beer to work together.

*A good Receipt for the Dropsie, either Hot
or Cold,*

Take of tops of red Mint, of Archangel or Blind Nettles, and Red Sage, of either a small quantity, stamp them together, and strain the Juice of them into some stale Ale, so much as will serve to drink morning and evening. Do this for ten days together. and God willing it will effect the cure

Another most excellent for the Dropsie.

Take green Broom and burn it in some Clean place, that you may take the ashes of it,

it, take ten or twelve spoonfuls of the same ashes and boyl them in a pint of White-wine, till the Virtue thereof be in the Wine, then cool it and drein the wine from the dregs. and make three draughts of the Wine, one fasting in the morning, the other at three in the afternoon, and the other when you go to bed : This seldom fails of the desired effect.

How to prevent the Tooth-ach.

Wash your Mouth once a week in White-wine, in which Spurge hath been boyled, and you shall never be troubled with the Tooth-ach.

A Present Remedy for the Tooth-ach.

If your Tooth be hollow and paineth you much, take of the herb called Spurge, and squeeze it, and mingle Wheat flower with the milk that issueth from it, with this make a paste, and fill the Cavity of your Tooth therewith, leaving it there a while, you must change it every two hours, and the Tooth will drop out of it self.

A good Receipt for the Stone and Gravel.

Take an hard row of a Red Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lie up-

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on a six pence every Morning fasting in a glass of Rhenish wine.

For the Griping in the Guts.

Take Anise-seeds, Fennel-seeds, Bay-berries, Juniper-berries, Tormentil, Bistort, Balauſtins, Pomegranate Pills, each one ounce, Rose-leaves a handful, boyl them in Milk; strain it, and add the yolk of an Egg, six grains of *Laudanum* dissolved in the Spirit of Mint; prepare it for a Glister, and give it warm.

The Plaster of Plasters.

Take of Roses beaten to Powder two pound and an half, Heifers tallow two pound and a quarter, dry it with a gentle fire and cleanse it, when it is cold, scrape away the dross from the bottom, and melt it in a brass Vessel, then strew in the Rosin by handfuls, and stir it with a willow Spatula, continually stirring it untill it be all stirred and melted, then have ready a basin of Pewter and in it of water of Chamomil, of English Bryony root, and of Damask-Rose-water, of each eight ounces with Powder of Salt of Worm-wood, Salt of Tartar, Salt of Scurvy-grass, Vitriol, Canphete of each one ounce and a half, then pour in the melted body, and stir it with the

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the Saptula round continually, untill the Body having seemingly swallowed up all the Salt and waters, continue it stirring untill the Water appear, and thus work it till the Body be as white as Snow, then let it stand a Month in the water covered from dust, and when you use it let it not come near any fire but work a little at a time until it be as white as Snow on the Brawn of your hand, cover against your little Finger, spread it on linnen Cloth or Leather, for'tis the best Plaster it the world for the Reins in all Accidents, and for all Bruises and great Contusions, &c.

For the Falling Sicknefs or Convulsion Fits.

Take the dung of a Peacock, make it into Powder, and give so much of it to the Patient as will lie upon a shilling, in a little Succowater fasting.

For the Worms in Children.

Take Worm-seed and boyl it in Beer Ale, and sweeten it with a little clarified Honey, and then let them drink it.

For a dry Cough.

Take Anise-seed, Ash-seed, and Violets and beat them to Powder and stamp them of each a like quantity then boyl them

gether in Fair Water till it grows thick, then put it up, and let the Patient take thereof morning and evening.

For the Itch.

Take the juice of Peny -Royal, the juice of Savine, Scabious, the juice of Sage, the juice of Pellitory, with some Barrows Grease and black Soap. Temper all these and make Salve, and with it anoint all your joints.

For Deafness.

Take Wild Mint, mortifie it and squeeze it in the hand till it rendreth juice, then take it with its juice and put it into the ear, change it often, this will help the deafness if the person ever heard before.

To make Oyl of St. Johns-wort, good for any Ach or Pain.

Take a quart of Sallet Oyl, and put hereto a quart, of the flowers of St. Johns-wort well pick'd, let them lie therein all the Summer, till the seeds of the herb be ripe, the glass must be kept warm, either in the Sun or in the Water all the Summer till the seeds be ripe, then put in a quart of St. Johns-wort seed, and so let it stand twelve hours, the glass being kept open

then must you boyl the oyl eight hours, the water in the pot full as high as the Oyl in the Glass, when it is cold strain it, that the Seed remain not in it, and so keep it for your use.

*To make an Ointment for any Wound,
or Sore.*

Take two pound of Sheep suet or rather Deer suet, a pint of Candy oyl, a quarter of a pound of the newest and best Bees wax, melting them altogether and stirring them well, and put to them one ounce of the oil of Spike, and half an ounce of the Goldsmiths Burras, then heat them again, and stir them altogether, put it up in a Gally-pot and keep it close stopped till you have cause to use it; this is an approved Ointment for a wound or sore new or old.

A Cear-cloth for all Aches.

Take Rosin one pound, Perresin a quarter of a pound, as much Mastick, Deer suet the like, Turpentine two ounces, Cloves bruised one ounce, Mace bruised two ounces, Safran two drachms, boyl all these together in oyl of Chamomil, and preserve it for your use; this has done many good when nothing else would.

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*A most excellent Balsam for wounds
and other things.*

Take of *Venice-Turpentine* one pound, of Oyl of Olive three pints, yellow Wax half a pound, of Natural Balsam one ounce, Oyl of *St. Johns-wort* one ounce, of red Saunders one ounce, six spoonfuls of Sack ; cut the Wax, and melt it on the fire, then let it catch on the fire ; take it off, and put the Turpentine to it, having first washed the *Venice-Turpentine* thrice with Damask Rose-water ; and having mingled your Sallet-oyle with the Sack, put also the Oyl to them, and put them on the fire, and stir it still begin to boyl ; for if it boyl much, it will over speedily. Then suffer it to cool for eight or more, until the Water and Wine sunk all to the bottom : Then make some holes in the Stuff, that the Water may run out of it ; which being done, put it over the fire again, putting to it the Balsam and the Oyl of *St. Johns-wort* ; and when it is melted, then put the Saunders to it ; stir it well, that it may incorporate ; and when it first begins to boyl take it off the fire, and stir it the space of two hours, till it be grown thick. Then put it up, and keep it for your use, as most precious, for thirty or forty years or more.

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The Vertues of this most excellent Balsam are many.

1. It is good to heal any wound inward or outward, being squirted warm into the inward Wound, being applyed to the outward Wound with fine Lint or Linen, anointing all those parts thereabouts; it not only taketh away the pain, but also keepeth it from an Inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the Brains, or inward parts, as the Liver, Guts, or Heart be troubled, it will heal it in four or five dayes dressing, so that nothing else be applyed thereunto.

2. It healeth any burning or scalding, and healeth also any bruise or cut, being first anointed with the said Oyl, and a piece of Linen cloth or Lint dipt in the same, being warmed and laid into the place, it will heal it without any Scar remaining.

3. It helpeth the Head-ach by anointing the Temples and Nostrils therewith.

4. It is good against the Wind-Colick, Stich in the side, applyed thereto warm with hot Cloths morning and evening, both times you may use a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other beast.

6. It is good against the Plague, anointing only the Nostrils and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula or an Ulcer, being never so deep in any part of the body, being applyed as aforesaid is directed for a it.

8. It is good against Worms or Canker, being used as in a cut, but it will require longer time to help them.

9. It is good for one Infected with the plague or Meazels, so as it be presently taken in warm broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It helpeth Digestion, anointing the Livel and Stomach therewith when the patient goeth to bed, it will stanch any Blood of a great Wound, by putting a Plaster of Linterein, and tying it very hard.

11. Take the quantity of a Nutmeg in ch blood-warm, and sweat thereon, it singeth forth all manner of clotted blood, and taketh away all Aches.

12. It also healeth the Rose-Gout and urvy.

13. It helpeth all pains of Womens breasts, chops or wof, that cometh with a bruise.

14. It helpeth the small Pox, being anointed therewith, without any scar.

15. It helpeth all Strains and Swellings, and indeed I cannot tell what comes amiss to it.

How to help a Stinking Breath, which comes from the Stomach.

Take two handfuls of Cummin seeds and beat them to powder, and seeth it in a pottle of white-wine untill half be boyled away, then give the party a good draught thereof morning and evening as hot as he can suffer it, and in fifteen or sixteen days it will help him.

To make a leaden Plaster.

Take two pound and four ounces of Oil of Olive of the best, of good Red Lead one pound, of White Lead one pound well beaten to dust; twelve ounces of Spanish Soap, and incorporate all these very well together in an earthen pot well glazed, before you put them to boyl, and when that they are well incorporated, that the Soap cometh upwards put it upon a small fire of Coals, continuing it on the fire, the space of an hour and a half, still stirring it with an Iron ball upon the end of a stick, then make the fire some thing bigger, untill the Redness be turned into a gray Colour, but you must not leave stirring till the matter be turn'd into the Co-

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lour of Oyl or somewhat darker, then drop it upon a wooden Trencher, and if it cleave not to the Finger it is enough, then make it up into Rolls; it will keep twenty years; the older the better.

The Vertues of this Plaster are several.

1. If it be laid upon the Stomach it provoketh Appetite, and taketh away any grief in the Stomach.

2. Being laid on the Belly it is a present Remedy for the Colick.

3. If it be laid to the Reins of the Back, it is good for the Bloody Flux, Running of the Reins, Heat of the kidneys, and weakness of the Pack,

4. It healeth all Swellings, Bruises, and it taketh away Aches,

5. It breaketh Fellons, Pushes, and other imposthumes and healeth them.

6. It draweth out any running Humours, without breaking the Skin.

7. Being applied to the Fundament it healeth any Disease there growing.

8. Being laid to the Throat it is good for the Uvula, it breaketh the Head-Ach, and is good for the Eyes.

For the wind Colick.

Take the Flowers of Walnuts and dry
them

them to a powder, and take them in your Ale or Beer, or in your Broth, as you like best, and it will help you.

Thus have I given you some short but suitable Directions, for the qualifying you either as a Waiting-Gentle-woman, to a Person of Honour or Quality, or otherwise to serve them as House-keepers, which qualifications, if you will endeavour to attain unto, you will raise your self much both in Esteem and Fortune. Ladies will much covet and desire your Company, let you have the Honour to sit at Table, and have Command in the House: You will gain respect from the rest of the Servants, you will wear good Cloths, and have a considerable Salary.

I shall now give some Directions to Servants of a lower Rank.

*Directions for such who desire to
be Chamber-Maids, to Persons of
Honour or Quality, or Gentle-women,
either in City or Country.*

Would you endeavour to fit your self for this Employment, that you may be capable of serving a person of Honour or Quality, you must in the first place learn to dress well, that you may be able to supply the place of a Waiting Woman, should she chance to fall sick or be absent from your Lady, you must also learn to wash fine Linen well, and to Starch Tiffanies, Lawns, Points and Laces, you must likewise learn to mend them neatly, and wash white Sarfenets with such like things. Then you must learn to make your Ladies Bed, well, soft, and easie, to lay up her Night-cloths, and see that her Chamber be kept neat and clean, and that nothing be wanting which she desires or requires to be done. Then you must learn to be modest in your deportment or behaviour, to be ready at

to her

her call, and to be alwayes diligent, never answering again when she taketh occasion to reprove you, but endeavour to mitigate her anger with pacifying words. Be loving and courteous to your Fellow Servants, not giggling or idling out your time or wantoning in the Society of Men; you will soon find the benefit thereof. For an honest and sober Man will rather make that Woman his wife, whom he seeth employed continually about her buisness, than one who makes it her business to Trifle away her own and others time. Neither will a Vertuous and Understanding Mistress, long entertain such a Servant whom she finds of such a Temper. Be not subject to change, but still remember that a rolling Stone never getteth Moss, and as you gain but little money, so if you tumble up and down you will gain but little Credit.

If you would fit your self to serve a Gentlewoman only (either in City or Country) you must not only learn how to Dress, Wash and Starch very well all manner of Tiffanies, Lawns, Points, and Laces, and to mend the same; but you must learn to Work all sorts of Needle-work, and Plain work, to Wash black and white Sarsnets, you must know how to make all manner of Spoon-meats, to Roast Past, to Dress Meat well (though not
often

often required thereunto) to make Sawces both for Fish and Flesh, to Garnish Dishes, to make all sorts of Pickles, to see that every thing be served in well and handsomely to the Table in due time, and to wait with a graceful Decorum at Table if need should require. Keep your Mistress's Chamber clean and lay up every thing in its due place. You must also learn to be skilful in buying any thing in the Market if you be entrusted therewith if there be no Butler in the House. You must see that all things be decent and fitting in the Parlour and Dining-Room. You must endeavour to take off your Mistress from all the care you can, giving to her a true and just account of what Moneys you lay out for her, shewing your selfthrift in all your Disbursements. Be careful in over-looking Inferiour Servants, that they waste nothing that they belongs to your Master and Mistress. Lastly, you must learn to be diligent to perform whatsoever your Mistress commands you, to be neat in your Habit, modest in your Carriage, silent when she is Angry, willing to please, quick and neat-handed about what you have to do. If you attain to these qualifications, and be of an humble good Disposition, you will deserve a good Sallary, and a great deal of respect, which that you may do I shall

you some short Directions for starching of Tiffany, for making clean Points and Laces, for washing and starching Points, for washing of Sarfenets white or black, and the like; also for raising of Paste, making of Spoon-meats, wces, and Pickles.

Directions for starching of Tiffany.

SOap not your Tiffany, save only on the Hems or Laces with Crown Soap, then wash them very well in three Ladders pretty hot, and let your last Ladder be made thin of the Soap; do not rinse them, nor wring them hard; then dry them over Brimstone, keep them all the time from the Air, for that will spoil them. Then make your Starch of a reasonable thickness, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Alum as an Hasle-nut, boil it very well and strain it; and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying. Then with your hands clean and dry them, then hold your Tiffanies to a good fire till they be thorough hot, then clap them and rub them between your Hands from the fire, till you see they be very clear; then shape them by

by a piece of Paper, cut out by them before they were washed, and iron them with a good hot Iron, and then they will look glossy like new Tiffany.

Thus you may starch Lawns: but observe to iron them on the wrong side, and upon a Cloth wetted and wrung out again: Sometime (if you please instead of starch) you may lay Gum-Arabick in water, and when it is dissolved, wet the Lawns in that instead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very clear.

Directions for Washing White and Black Sarfenets.

L Et them be very smooth and streight upon a board, and if there be any dirty places soap them a little, then take a little hard brush and soap it well, then dip the brush in Water, and with it make a pretty thick Ladder, then take the brush and rub your Sarfenet well, the right way of the Sarfenet, sideways of the brush, and when you have washed one side well, turn it and wash the other. Then have a clean Ladder scalding hot, and cast your hoods double into it and cover it, and still as fast as you wash

wash them cast them into that, you must give them three good washes upon the board, and after the first Ladder let the other be very hot, and cast them in a scald every time, then make up a scalding hot Ladder, into which put some Gum-Arabick steeped before in water, and some Smalt to blue it a little, let them be doubled up in that, close covered for one hour, when you come for to take them out, be sure you dip them very well all over, and then fold them up to a very little compass, and squeeze them smooth betwixt your hands, then smoak them over Brimstone, then draw them between your hands every way till they be little more than half dry, then smooth them with good hot Irons the same way you did wash them, and upon the right side of the Sarsenet.

To wash Coloured Silks.

They are done the same way with the white, only there must be no blue nor smoaking over Brimstone.

To wash Black Sarsenets.

They are washed the same way with the other only rins'd in strong Beer cold, without any Gum, and iron'd-upon the wrong side, and on a Woollen Cloth.

To

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To wash Silk Stockings.

Make a strong Ladder with Soap, and pretty hot, then lay your Stockings on a Table, and take a piece of such Cloth as the Seamen use for their Sails, double it up and rub them soundly with it, turn them first on one side and then on the other, till they have passed through three Ladders, then rinse them well, and hang them to dry with the wrong side outwards, and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

To make clean Points and Laces.

Take white Bread of half a day old, and cut it in the middle, and pare the Crust round the Edge, so that you may not hurt your Points when you rub them, then lay them upon a Table on a clean Cloth, and rub them very well with the white Bread all over, then take a clean little Brush, and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point of Lace and shake the Bread clean off, then take a clean little Cloth, and gently flap it over oftentimes. Thus you may get the soil off from white Sattin, Taffety, Tabby, or any coloured Silk, provided

it be not greasie, nor too much foiled.

Direction to wash and starch Points.

TAKE your Points and put them into a Tent, then make a strong Ladder with the best Soap you can get, then dip a brush in that Ladder, and soundly rub your Points on both sides, so do till you have washed it in your Ladders, then wash it in fair Water alone, then wash it in blue Water ; and when you have so done take Starch made thin with Water, and with your brush on the wrong side wash it over with it, so let it dry ; then lay your Tent upon a Table, and with an ivory Bodkin made for the purpose, run into every close and narrow part of it, to open it betwixt the gimp or over-cast, likewise into every fllet-hole, to open them.

For the Laces, after you have pulled them out well with your hands, you must iron them on the wrong side : Let the Water be warm wherewith you make your Ladder, when you take them out of the Tent. Iron them on the wrong side, let not the Water be too blue with which you wash them.

To make clean Gold and Silver Lace.

Take the Lace off from your Garment, and lay it upon a Table, and with a brush rub it over very well with burnt Alum beaten fine till you find it to become of the right Colour; then shake it very well and wipe it very well with a clean linnen Cloth oftentimes over.

To get Spots of Ink out of Linnen-Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine as if you were washing in Water; then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the Stains of Fruit so out of any Linnen Cloth.

Take them before they are washed, and with a little Butter rub every spot well, then let the Cloth lie in scalding hot Milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in Water and Soda.

To take out any greasie Spots out of silk, S. or Cloth.

Take a linnen Rag and wet it very well

fair Water; then with a pair of Tongs put a live Sea-coal or wood-coal upon the Rag, and hastily close the rest of the Rag about the Coal, and presently lay it upon the grea-se spot whilst it is smoaking hot, and when you perceive it to cool do so again, and so till you find the Spots are quite taken out.

How to make clean plate.

Wash your Plate first in Soap-suds and dry it; then if there be any spots, rub them out with Salt and Vinegar, then anoint your Plate all over with Vinegar and Chalk, then lay it in the Sun or before the Fire to dry, then rub it off with warm Linnen-Cloths very well, and it will look like new.

How to keep the Hair clean and preserve it.

Take two handfals of Rosemary, and boil it softly in a quart of Spring-water, till it comes to a pint, and let it be covered all the while, then strain it out and keep it; every morning when you comb your Head, dip a Sponge in the water and rub up your Hair, and it will keep it clean and preserve it, for it is very good for the Brain and will dry up Rehum.

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To wash the Face.

There is no better thing to wash the Face with, to keep it smooth and to scower it clean, then wash it every Night with brandy wherein you have steeped a little flower of Brimstone, and the next day wipe it only with a cloth.

To make a Salve for the Lips.

Take two ounces of white Bees Wax, and slice it thin, then melt it over the fire, with two ounces or more of Sallet Oyl, and a little white Sugar Candy, and when you see it is well incorporated, take it off the fire and let it stand till it be cold; then set the Skillet on the fire again, till the bottom is warm and so turn it out, anoint your Lips, or sore Nose, or sore Nipples with this, and it will heal them.

To keep the Teeth clean and sound.

Take common white Salt one ounce, as much Cuttle-bone, beat them together and rub your Teeth with them every Morning, and then wash them with fair Water.

To make the Hands white and soft.

Take Daffadil in clean Water till it grow thick, then put thereto powder of Cautari-

um and stir them together, then put thereto two Eggs, and stir them well together, and with this Oyntment anoint your hands, and within three or four days using thereof, they will be whit, clear and soft.

*To smooth the Skin and take away.
Morphew and Freckles.*

Anoint your face with the blood of a Hare or a Bull, and 'this will take away Morphew and Freckles, and smooth the Skin.

Directions for making of Custards, Cheesecakes, Raifing of Paste, and making of Tarts and Pyes,

To make Custards.

Take a quart of Cream and boyl it well with whole Spice, then beat the Yolks of ten Eggs and five Whites, mingle them with a little Cream, and when your Cream is almost cold put your Eggs into it and stir them very well, then sweeten it, and put out your Custard into a deep Dish altogether, or else into several small China Cups or Dishes, like Coffee-Dishes, and bake them, then if you please you may serve them in with French

To make Cheefe-cakes.

Take two Gallons of new Milk, put into it two Spoonfuls and a half of Runnet, heat the Milk little less than Blood warm, and cover it close with a Cloth till you see the Cheefe be gathered, then with a scumming Dish gently take out the Whey; when you have drained the Curd as clean as you can, put it in a Sieve, and let it drain very well there then to two quarts of Curds; take a quart of thick Cream, a pound of sweet Butter, twelve Eggs, a pound and a half of Currants, a penny-worth of Cloves Nutmeg and Mace beaten, half a pound of good Sugar, quarter of a pint of Rose-water, mingle it well together, and put it into Puff-paste.

How to make Puff-paste.

Break two Eggs in three pints of Flower, make it with cold Water, then roll it out pretty thick and square: Then take so much Butter as Paste, and divide your Butter into five pieces; that you may lay it on at severall times, roll your Paste very broad, and break one part of the said Butter in little pieces all over your Paste, then throw a handful of Flower slightly on, then fold up your Paste and beat it with a Rolling-

and so roll it out again, this do five times and then take it up.

*How to make Paste for all manner of Tarts,
and Pyes.*

Take very sweet Butter and put it into fair Water, and make it boyl on the Fire, then take the finest Flower you can get, and mix them well together till it comes to a Paste, and so raise it, but if you doubt it will not be thick enough, then you may mix some Yolks of Eggs with it, as you temper all your Stuff together.

To make Almond Tarts.

Raise an excellent good Paste with six corners an inch deep, then take some blanched Almonds very finely beaten with Rose-water, take a pound of Sugar to a pound of Almonds, some grated Nutmeg, a little Cream and strained Spinage, as much as will cover the Almonds, green, so bake it with a gentle heat in an Oven not shutting the door, draw it and stick it with Candied Orange, Citron, and put in Red and White Muscadine.

To make a Cowslip Tart.

Take the Blossoms of a Gallon of Cowslips, mince them exceeding small and beat them

them in a Mortar, put to them a handful or two of grated Naples Bisket, and a pint and a half of Cream, boyl them a little on the Fire, then take them off, and beat in eight Eggs with a little Cream ; if it doth not thicken, put it on the Fire till it doth gently, but take heed it Curdles not ; season it with Sugar, Rose-water, and a little Salt, bake it in a Dish or little open Tarts; it is best to let your Cream be cold before you stir in the Eggs.

To make an Artichoke Pye.

Take the bottoms of six Artichokes, and boyl them very tender, put them into a Dish and some Vinegar over them, season them with Ginger and Sugar, a little Mace whole and put them into a Coffin of paste, when you lay them in, lay some Marrow and Dates sliced, and a few Raisins of the Sun in the bottom with good store of Butter; when it is half baked take a Gill of Sack being boyled first with the Sugar and a peel of Orange, put it into the pye and set it into the Oven again till you use it.

To make Marrow Pasties.

Shred the Marrow and Apples together, and put a little Sugar to them, put them in to Puff-paste, and fry them in a pan with

fresh Butter, and serve them up to the Table with a little white Sugar strowed on them.

To make a Calves-foot Pye.

Boyl your Calves-feet very well, and then pick all the Meat from the Bones; when it is cold, shred it as small as you can, and season it with Cloves and Mace, and put in it good store of Currants, Raisins and Prunes, then put it into the Coffin with good store of sweet Butter, then break in a whole stick of Cinnamon and a Nutmeg sliced, and season it with Salt, then close up the Coffin and only leave a Vent-hole, put in some Liquor made of Verjuice, Cinnamon and Butter boyled together, and so serve it.

To make an Eel Pye with Oysters.

Wash your Eels and gut then, them dry them well in a Cloth; to four great Eels allow a pint of good Oysters. well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of Butter into the Py, and half a Limon sliced; so bake it, when it is drawn, take the Yolks of two Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of pound of fresh Butter. melt it and mix it all

together and make a Leer of it, and put it into the Pye.

To make a Lamb Pye.

First cut your Lamb to pieces, and then season it with Nutmegs, Cloves, and Mace. and some Salt, with Currants, Raisins of the Sun and Sweet Butter. If you would eat it hot, when it is baked put in the Yolks of Eggs, with Wine Vinegar and Sugar beaten together; but if you will eat it cold, put in no Eggs, but only Vinegar and Sugar.

To make an Egg Pye, or a Minced Pye of Eggs.

Take the yolks of two dozen of Eggs hard boyl'd and shred them, take the same quantity of Beef suit, half a pound of Raisins, a pound of Currants well washed and dried, half a pound of Sugar, a penny worth of beaten spice, a few Carroway-seeds, a little Candied Orange-peel shred, a little Verjuice and Rose-water, fill the Coffin and bake it with a gentle heat.

To make a Herring Pye.

Put great store of sliced Onions, with Currants and Raisins of the Sun, both above and under the Herrings, and store

To make a Quince Pye.

Take a Gallon of Flower, a Pound and a-half of Butter, six Eggs, thirty Quinces, three pound of Sugar, half an ounce of Cinnamon, the like of Cloves, the like of Ginger, a little Rose-water, make them up into a Tart, and being baked strow on them a little double refined Sugar.

To make an Umble Pye.

Lay beef Suet minced on the bottom of the Pye, or slices of Interlarded Bacon, and cut the Umbles as big as small Dice, cut your Bacon in the same form, and season it with Nutmeg, Pepper and Salt, fill your Pyes with it with slices of Bacon and Butter, close it up and bake it, Liquor it with Claret, Butter and stript Time, and so serve it up.

To make a Venison Pasty.

When you have Powdered your Haunch of Venison or the Sides of it, by taking away all the Bones, Sinews and Skin, and Fat, season it with Pepper and Salt only beat it with your rolling-pin and proportion it for the Pasty, by taking away from one part and adding to another, your Pasty being made with a neck of fine Flower, a

three pound of Butter and twelve Eggs, work it up with cold Water as stiff a Pasty as you can, drive it forth for your Pasty, let it be as thick as a mans Thumb, roll it up upon a Rolling-pin and put under it a couple of sheets of Cap-paper, then your White being already minced and beaten with water, proportion it upon the Pasty, to the breadth and length of the Venison, then lay your Venison in the said White, wash it round with a feather, and put on a Border, season your Venison on the top, and turn over your other Leaf of PASTE, so close up your Pasty, then drive out another Border for garnishing the sides up to the top of the Pasty, so close it together by the Rolling-pin, by rolling it up and down by the sides and end, and when you have flourished your garnishing, and edged your Pasty, vent it at the top, set it in the Oven and let it have four or five hours baking at the least, and then draw it.

To make a Beef Pasty like Red Deer.

Take fresh Beef of the finest without Sinews or Suet, and mince it as small as you can, and season it with Salt and Pepper, and put in two spoonfuls of Malmsey, then take Lard and cut it into small pieces and lay a layer of Lard and a layer of Beef, and lay a

Servant. Said.

shin of Beef upon it like Venison, and so close it up.

To make an Oyster Pye.

First dry your Oysters, and then put them into your Coffin, with some Butter, and whole large Mace, and then bake it, then take off the Lid and fill it up with more Butter, putting some of the Liquor of the Oysters also thereunto, then season it well with Sugar, and serve it up.

To make a Goose Pye.

Break the bones of your Goose, then par-boyl him, then season him with Pepper and Salt, and a little Clove and Mace, if you please you may bake a Rabbet or two in it, because your Stubble-Geese are very fat, and your Rabbits dry, you need no Lard neither, bake it in good hot Butter Paste.

To make a Veal Pye.

When your Paste is raised cut your Leg of Veal into pieces, and season it with Pepper Nutmeg and Salt, with some whole large Mace, and so lay it into your prepared Coffin, with good store of Raisins of the Sun and Currants, and fill it up with sweet Butter, then close it in the Oven, and when baked serve it in.

To make an Eel Pye.

Wash, flea and cut your Eels in piéces, put to them a handful of sweet Herbs, Parsley minced with an Onion, season them with Pepper, Salt, Cloves Mace and Nutmegs; and having your Coffin made of good Paste, put them in and strew over them two handfuls of Currants, and Limon cut in slices, then put on Butter and close the Pye, when it is baked put in at the funnel a little sweet Butter, White-wine and Vinegar, beat up with a couple of Yolks of Eggs.

To make a Warden or Pear Pye.

Bake your Wardens or Pears in an Oven with a little Water, and a good quantity of Sugar, let your Pot be covered with a piece of Dough, let them not be fully baked by a quarter of an hour, when they are cold make an high Coffin, and put them in whole, adding to them some Cloves, whole Cinnamon, and Sugar, with some of the Liquor in the Pot, so bake them.

To make a Codling Tart.

Take green Codlings from the Tree, and boddle them in scalding water without breaking them, peel the skin from them, and so divide them into halves, and cut out the

Cores, and lay them into the Coffin, then put in a handful of Quinces sliced, a little Oringado, and a good quantity of Sugar, a little Rose-water, then close it up and Bake it well.

To make a Gooseberry Tart.

When your Gooseberries are Picked and Washed, then Boyl them in Water till they will break in a spoon, then strain them and beat half a dozen Eggs, and stir them together upon a Chafing-dish of Coals with some Rose-water, then sweeten it very well with Sugar, and always serve it cold.

To make an excellent Minc'd Pye.

Parboyl Neats-Tongues, then Peel and hash them with as much as they weigh of Beef suet, and stoned Raisins, and picked Currants, chop all exceeding small that it be like Pap, then mingle a very little Sugar with them, and a little Wine and thrust it up, and throw in some thin slices of Candied Citron Peel, and put this into Coffins of fine light well reared Crust; half an hour Baking will be enough. If you strew a few Carroway Comfits on the Pot it will not be miss.

To make a Pidgeon Pye

Truss your Pidgeons to bake, and set them, and Lard one half of them with Bacon, mince a few sweet Herbs and Parsly with a little Suet, the yolks of hard Eggs and an Onion or two, season it with Salt, beaten Pepper, Clove, Maces, Nutmegs; work it up with a piece of Butter, and stuff the bellies of the Pidgeons, season them with Salt and Pepper as before, take also so many Lamb-stones seasoned as before, with six Collops of Bacon, the salt drawn out, then make a large Coffin and put in your Pigeons, and if you will, put in Land-stones and Sweet-breads, and some Artichoke bottoms, or other dry Meat to soak up the juice, because the Pye will be very sweet and full of it, then when it comes out of the Oven, put in a little White-wine beat up with the yolk of an Egg.

To make a Pippin Tart or Pye.

Pare your Pippins and cut out the Cores, then make your Coffin of good Crust, take a good handful of Quinces, sliced, and lay at the bottom, then lay your Pippins a top, and fill the holes where the Cores were taken out with syrup of Quinces, then put in sugar and so close it up, let it be very well

baked, for it will ask much soaking, especially the Quinces.

Directions for making of Spoon-meat, as Caudles, Broths, and Jellies.

TAKE a pint and a half of the strongest Ale as may be gotten, twenty Jordan Almonds clean wiped, but neither washed nor blanched, with two Dates minced very small and stamped, then take the pith of young Beef the length of twelve Inches, lay it in Water till the blood be out of it, then strip the skin off it and stamp it with Almonds and Dates; then strain them together into the Ale, boyl it till it be a little thick, give it the party in a Morning fasting to drink six spoonfuls, and as much when they go to Bed.

To make an Almond Caudle.

Take three pints of Ale and boyl it with Clove and Mace, and slice bread in it, then have ready beaten a pound of Almond blanched, and strain them out with a pint of White-wine, and thicken the Ale with it, sweeten it if you please, but be sure to scum it well when it boyls.

To make a Cordial strengthening Brath.

Take a red Cock, strip off the Feathers from the Skin, then break the Bones to shivers with a Rolling pin, set it over the Fire and just cover it with Water, put in some Salt and wash the scumming and boyling off it. Put in a handful of Harts-horn, a quarter of a pound of blew Currants, and as many Raisins of the Sun stoned, and as many Prunes, four blades of large Mace, a bottom crust of White loaf, half an ounce of China-root sliced, being steeped three hours before in warm Water, boyl in it three or four pieces of Gold, strain it and put in a little fine Sugar, and juice of Orange; and so use it.

To make China Broth.

Take an ounce of China-root clipp'd thin, and steep it in three pints of Water all night or embers covered, the next day take a good Chicken clean picked, and Guts taken out, put in his belly Agrimony and Maiden-hair, of each half a handful, Raisins of the sun stoned one good handful, and as much French Parley, boyl all these in a Pipkin covered on a gentle Fire, for six or seven hours, let it stand till it be cold, strain it and keep it for your use, take a good draught

in the Morning, and at four in the Afternoon.

To make a Flummery Caudle.

When Flummery is made and cold, you may make a pleasant and wholesome Caudle with it, by taking some lumps and spoonfuls of it, and boyl it, with Ale and White-wine, then sweeten it to your Taste with Sugar; there will remain in the Caudle some lumps of congealed Flummery, which are not ungrateful.

To make Jelly of Harts-horn,

Take four Ounces of the shaving of Harts-horn of the inside, and two quarts of Water, put this into a Pipkin and boyl it gently till it come to a quart, the Harts-horn must be steeped three or four hours first, afterwards put a little into a Sawcer till it be cold, and if it be cold and jellieth it is boyled enough, then being warm take it off the Fire and strain it hard thorow a cloth, and set it a cooling till it be a hard Jelly, then take two Whites of Eggs and beat them very well with a sprig of Rosemary or Birch, but no with a spoon, till a water come at the bottom then put these beaten Eggs and the water thereof into a Skillet, and all the jelly upon it with three spoonfuls of Damask Rose

water and a quarter of a pound of Sugar, and when it boyls stir and lay it pretty well, then strain it thorow a cloth, and let it cool, of this take fours spoonfuls in a morning fasting, and at four a Clock in the afternoon, and this is very good for the weakness in the back.

*To make Cock Broth, very good for
Weak People.*

Take a good Cock, pluck, draw, and wash him very well, and bruise his Legs, boyl him in a little Water and Salt very well for one hour, then add some Water wherein Mutton hath been boyled, and put in a quarter of a pound of French Barley or Rice, which you please, with some Tyme, Winter Savory, and a little Limon-peel, a little large Mace, and a sliced Nutmeg, with a Clove or two, when it is clean scum'd let it only stew till it is enough, then take up the Cock for a while and boyl the Broth very well, then put him in again, and heat him thorowly, then serve him on the Table, and garnish your Dish with Limons and Barberries.

To make White-Broth of Chicken or Capon.

First boyl the Capon or Chicken in Water

and Salt, then take three pints of strong Broth and a quart of White-wine, and stew it in a Pipkin with a quarter of a pound of Dates, half a pound of fine Sugar, four or five blades of large Mace, the Marrow of three Marrow-bones, a handful of White Endive, stew these in a Pippkin very leisurely, that it may but only simmer, then being finely stewed and the Broth, well tasted, strain the yolks of ten Eggs with some of the Broth; before you dish up the Capons or Chickens, put the Eggs into the Broth, and keep it stirring, that it may not curdle, give it a warm and set it from the Fire, the Fowls being dished up, put out the Broth, and garnish the Meat with Dates, Marrow, large Mace, Endive, preserved Barberries, Orange, boyled Skirrets, Pomegranates and Kernels, make a leaf of Almond Paste and Grape Verjuice.

Directions for making of Pickles and Sauces.

How to pickle Broom-buds.

TAKE as many Broom-buds as you please, make Linen bags and put them in and tie them close, then make some Brine with Water and Salt and boyl it a little, let it be

cold, and put some Brine in a deep Earthen Pot, and put some Bags in them, and lay the weight on them, let it lye there till it look Black, and shift it again still as long as it looks Black, Boil them in a little Cauldron and put them in Vinegar a Week or two, and then they will be fit to eat.

To Pickle Cucumbers,

Wash your Cucumbers clean, and dry them in a Cloth, then take some Water, Vinegar, Salt, Fennel-tops, and some Dill-tops, and a little Mace, make it salt enough and sharp enough for the Taste, then Boil it a while, and then take it off and let it stand till it be cold, then put in the Cucumbers, and lay a Board on the top to keep them down, and tye them up close, and within a Week they will be fit to eat.

To Pickle Cornelians.

Gather the fairest and biggest Cornelians when they first begin to grow Red, and after they have lain a while put them up in a Pot or Barrel, filling them up with Brine as for Artichokes, and put to them a little green Fennel, and a few Bay Leafs to make the smell well, then stop them up very close; and let them stand for a Month; if you find them too Salt, make the Pickle weaker before you serve them to Table.

To Pickle Red and White Currants.

Take Vinegar and White-wine with so much Sugar as will make it sweet, then take your Red and White Currants being not fully ripe and give them one warm, so cover them over in the same Pickle, keeping them always under Liquor.

To Pickle Artichokes.

Take Artichokes before they are too fully grown, or too full of Strings, and when they are pared round, and nothing is left but the Bottom, Boyl them till they be indifferent tender, but not full Boyled; take them up and let them be cold, then take good stale Beer and White-Wine, with a great quantity of whole Pepper, so put them in a Barrel with a small quantity of Salt, keep them close and it will not be sowre, it will serve for Baked and Boiled Meats all the Winter.

To Pickle Flowers of all sorts.

Put them in a Gallipot or Glass, with as much Sugar as they weigh, fill them up with Wine-Vinegar, to a Pint of Vinegar a Pound of Sugar, and a Pound of Flowers, so ke
 Call'd and Boild Meats.

The Compleat

To Pickle Oysters.

Take eight quarts of Oysters and parboyl them in their own Liquor, then take them out and cleanse them in warm Water; then wipe them dry, then take the Liquor they were perboyl'd in, and clear it from the Grounds into a large Pipkin or Skillet, put it to a Pottle of good White-wine, a quart of Wine-Vinegar, some large Mace, whole Pepper and a good quantity of Salt, set it over the Fire and boyl it leisurely, scum it clean, and being well boyled put the Liquor into Barrels, and when it is cold put in the Oysters and close up the head.

Directions for making of Sawces.

To make Sawces for Green Geese.

TAke the juice of Sorrel mixed with scalded Gooseberries and served on sippets with Sugar and beaten Butter.

To make Sawce for Land Fowl.

Take boyled Prunes and strain them with the Blood of the Fowl, Cinnamon, Ginger, and Sugar, boyl it to an in different thicknes, & serve it in Sawcers, and serve in the Di

with the Fowl, Gravy, and Sawce of the same Fowl.

To make Divers Sawces for Roast Mutton, &c.

1. Take Gravy, Capers, Samphire, and Salt, and stew them well together.

2. Water, Onion, Claret-wine, sliced Nutmeg and Gravy boyled up.

3. Whole Onions stewed in strong Broth, or Gravy, White-wine, Pepper, pickled Capers, Mace, and three or four slices of a Limon.

4. Mince a little roast Mutton hot from the Spit, and add to it some chop'd Parsley and Onions, Verjuice or Vinegar, Ginger and Pepper, stew it very tender in a Pipkin and serve it under any joynt with some Gravy of the Mutton.

5. Onions, Claret Liquor, Capers, Claret Gravy, Nutmeg and Salt boyled together.

6. Chop'd parsley, Verjuice, Butter, Sugar and Gravy boyled together.

7. Take Vinegar, Butter, and Currants, put them in a Pipkin with sweet Herbs finely minced; the yolks of hard Eggs, and two or three slices of the brownest of the Leg, (mince it also,) some Cinnamon, Ginger, Sugar and salt.

Pickled Capers and Gravy, or Gravy Samphire, cut an inch long.

Chop'd Parsley and Vinegar.

10. Salt, Pepper, and juice of Oranges.

11. Strained Prunes, Wine, and Sugar.

12. White-wine, Gravy, large Mace and Butter, thickened with two or three yolks of Eggs.

13. Oysters, Liquor and Gravy boyled together, with Eggs and Verjuice to thicken it, then juice of Oranges and slices of Limons over all.

14. Onions chop'd with sweet Herbs, Vinegar and Salt boyled together.

To make several Sawces for Roast Veal.

1. Gravy, Claret, Nutmeg, Vinegar, Butter, Sugar, and Oranges melted together..

2. Juice of Oranges, Gravy, Nutmeg and sliced Limon on it.

3. Vinegar and Butter.

4. All manner of sweet Herbs chop'd small, with the yolks of two or three Eggs; and boyl them in Vinegar, Butter, and a few Bread crumbs, Currants, beaten Cinnamon Sugar, and a whole Clove or two, put it under the Veal, with slices of Orange and Limon about the Dish.

5. Claret Swace of boyled Carrots boyled Quinces, stamped and strained Limon, Nutmeg, Pepper, Rose wine

Sugar and Vinegar, boyled to an indifferent height or thicknes, with a few whole Cloves.

To make Sawces for Red Deer.

1. The Gravy and sweet Herbs chopp'd small and boyled together, or the Gravy only.

2. The juice of Oranges and Limons and Gravy.

3. A Gallendine Sawce made with strained Bread, Vinegar, Claret-wine, Cinnamon, Ginger and Sugar, strain it, and being finely beaten with the Spices, boyl it up with a few whole Cloves and a sprig of Rosemary.

4. White-bread boyled in Water, pretty thick without Spices, and put to it some Butter, Vinegar and Sugar.

If you will stuff or force any Venison, stick them with Rosemary, Tyme, Savory or Cloves, or else with all manner of sweet Herbs minced with Beef suet.

To make Sawces for Roast Pork.

1. Gravy, chopp'd Sage and Onions boyled together with some Pepper.

2. Mustard, Vinegar and Pepper.

3. Apples pared, quartered, and boyled in fair Water, with some Sugar and Butter,

4. Gravy, Onions, Vinegar, Pepper.

To make Sawces for Rabbits.

1. Beat Butter, and rub the Dish with a Clove of Garlick or Shelot.
2. Sage and Parsley minced, roll it in a Ball with some Butter, and fill the Belly with this stuffing.
3. Beaten Butter with Limon and Pepper.
4. In the French Fashion, Onions, minced small and fryed, and mingled with Mustard and Pepper.
5. The Rabbet being roasted wash the Belly with the Gravy of Mutton, and add to it a slice or two of Limon.

To make Sawces for Roast Hens.

1. Take Beer, Salt, the yolks of three hard Eggs minced small, grated Bread, three or four Spoonfull of Gravy, and being almost boyled, put in the juice of two or three Oranges, slices of Limon and Orange, with Limon peel shred small.
2. Beaten Butter with juice of Limon, Oranges and Claret-wine.
4. Gravy and Claret-wine boyled with a piece of an Onion, Nutmeg and Salt, serve it with the slices of Limons or Oranges, he juice of the same.

two Nutmegs and Gravy, and rub the Dish with a Clove of Garlick or Shelot.

5. Take the yolks of hard Eggs and Limon-peel, mince them very small and stew them in White-wine, Salt, and the Gravy of the Fowl.

To make Sawces for Roast-Chickens.

1. Gravy, and the juice or slices of Orange.

2. Butter, Verjuice, and Gravy of the Chicken, or Mutton Gravy.

3. Butter and Vinegar boyled together, put to it a little Sugar, then make thin Sops of Bread, lay the roast Chickens on them, and serve them up hot.

4. Take Sorrel, wash and stamp it, then have thin slices of Manchet, put them in a Dish with some Vinegar, strained Sorrel, Sugar, some Gravy, beaten Cinnamon, beaten Butter, and some slices of Orange or Limon, and strew thereon some Cinnamon and Sugar.

5. Take sliced Oranges and put to them a little White-wine, Rose-water, beaten Mace, Ginger, some Sugar and Butter, set them on a Chafing-dish of Coals and stew them; then have some slices of Manchet round the Dish finely carved, and lay the Chickens being roasted, on the Sawce.

To make Sawces for Roast Pidgeons.

1. Gravy and Juice of Orange.
2. Boyled Parsley minced, and put among some Butter, and beaten up thick.
3. Gravy, Claret-Wine, and an Onion, stewed together with a little Salt.
4. Vine leaves roasted with the Pidgeons minced, and put in Claret-wine and Salt boyled together, some Butter and Gravy.

Sweet Butter and juice of Orange, beat together and made thick

6. Minced Onions boyled in Claret-wine almost dry, then put to it Nutmeg Sugar, Gravy of the Fowl, and a little Pepper.

7. Gravy of the Pidgeons only.

To make Sawces for all manner of Roasted Land-Fowl; As,

*Turkey, Peacock, Pheasant, Patridge
and the like.*

SLiced Onions being boyled, stir them in some Water, Salt, Pepper, some grated-Bread, and the Gravy of the Fowl.

2. Take slices of white Bread, and Boy them in fair Water with two whole Onions, some Gravy, half a grated Nutmeg and a little Salt, strain them together thorow a strainer, and boyl it up as thick as Water grewel, then add to it the Yolks of two Eggs, dissolved with the juice of two Oranges, &c.

3. Take thin slices of the Manchet, a little of the Fowl, some sweet Butter, grate Nutmeg, Pepper and Salt, stew all together and being stewed, put in a Limon mince with the peel.

4. Onions sliced and boyled with fair Water and a little Salt, a few Bread crumbs, bea

ten Pepper, Nutmeg, three spoonfuls of White-wine, and some Limon peel finely minced, and boyled all together, being almost boyled up, in the juice of an Orange, beaten Butter and the Gravy of a Fowl.

5. Stamp small Nuts to a Paste, with Bread, Nutmeg, Pepper, Saffron, Clove and the juice of Orange and strong Broth, strain and boyl them together pretty thick.

6. Quinces, Prunes, Currants, and Raisins boyled, Muskified Bisquet boyled, stamp and strained with White-wine, Rose-Vinegar, Nutmeg, Cinnamon, Cloves, juice of Oranges and Sugar, boyl it not too thick.

7. Boyl Carrots and Quinces, strain them with Rose-Vinegar and Verjuice, Sugar, Cinnamon, Pepper, Nutmeg, boyled with a few whole Cloves and a little Mace.

8. Take a Manchet, pare off the Crust and slice it then, boyl it in fair Water, and being boyled something thick put in some White-wine, Wine-Vinegar, Rose or Elder-Vinegar, some Sugar and Butter,

9. Almond

9. Almond Paste and crumbs of Manchet, stamp them together with some Sugar, Vinegar and Salt; strain them with Grape-Verjuice, and juice of Oranges, boyl it pretty thick.

To make Sawce for a stubble Goose.

1. Take sowre Apples, slice them and boyl them in Beer all to Mash, then put to them Sugar and beaten Butter, sometimes for variety add Barberries, and the Gravy of the Fowl.

2. Roast sowre Apples or Pippins strain them and put to them Vinegar, Sugar, Gravy, Barberries, grated Bread, beaten Cinnamon, Mustard, and boyled Onions strained and put to it.

Sawce for a young stubble Goose.

Take the Liver and Gizzard, mince it very well with some beaten Spinage, sweet Herbs, Sage, Salt, and some minced Lard, fill the Belly of the Goose and sow up the Rump or vent, as also the Neck; Roast it and then take out the farling and put it in a Dish, then add to it the Gravy of the Goose, Verjuice and Pepper, give it a warm

The Compleat

on the Fire, and serve it with this Sawce in clean Dish.

The French Sawce for a Goose, is Butter, Mustard, Sugar, Vinegar and Barberries.

To make Sawces for a Duck or Mallard.

1. Vinegar and Sugar Boyled to a Syrup, with two or three Cloves, and Cinnamon, or Cloves only.

2. Oyster-liquor, Gravy of the Fowl, whole Onions Boyled in it, Nutmegs and an anchovy. If the Fowls be Lean, Farse and d them.

To make Sawces for any kind of Roasted Sea-Fowl.

MAKE a Gallendine with some grated Bread, beaten Cinnamon and Ginger, a Quartern of Sugar, a Quart of Claret-wine, a pint of White-wine Vinegar, strain the foresaid Materials, and boyl them in a killet with a few whole Cloves, in the boyling stir it with a sprig of Rosemary, add a little Red Saunders, and boyl it as thick as Water-Grewel.

*To make Green Sawce for Pork, Goslings,
Chickens, Lamb or Kid.*

Stamp Sorrel with white Bread and pared Pippins in a stone or wooden Morter, put Sugar to it and Wine Vinegar, then strain it through a fine cloth pretty thick. Dish it into Sawcers, and scrape Sugar on it.

To make Sawces for Roast or Boyled Salmon.

1. Take the Gravy of the Salmon, or Oyster liquor boyled up thick with beaten Butter, Claret-wine, Nutmeg and some slices of Orange.

2. Gravy of the Salmon, Butter, Juice of Orange or Limon, Sugar and Cinnamon, beat up the same with Butter pretty thick; Dish up the Salmon, pour on the Sawce, and lay on it slices of Limon.

3. Beaten Butter with slices of Orange or Limon, or the juice of them, or Grape, Verjuice and Nutmeg.

4. Gravy of the Salmon, two or three Cloves dissolved in it, grated Nutmeg and
E. 4. grated

grated Bread, beat up thick with Butter, the yolk of an Egg, or slices of Oranges with the juice of it.

Directions for such who desire to be Nursery Maids to Persons of Honour or Quality, or else to Gentlewomen either in City or Country.

IF you intend to fit your self for this employment, you must naturally incline your self to love young Children, otherwise you will soon discover your unfitness to manage that Charge; you must be very neat and cleanly about them, and careful to keep good hours for them, both to arise and go to Bed, likewise to get their Break-fasts and Suppers at good and convenient time: Let them not sit too long, but walk them often up and down, especially those who cannot go well of themselves; you must also be extraordinary careful and vigilant, that they get not any falls, thorough your
your

your neglect, for by such falls, many (the cause at first being unperceivable) have grown irrecoverably Lame or Crooked. Therefore if any such thing should happen be sure you conceal it not, but acquaint your Lord or Lady, Master or Mistress thereof, with all convenient speed, that so means may be used for their Child's recovery before it be too late; you must be extraordinary careful that you be not Churlish or Dogged to the Children, but be always Merry and Pleasant, and contrive and invent pretty Sports and Pastimes, as will be most suitable and agreeable to the Childrens age; keep their Linen and other things always mended, and suffer them not to run too fast to decay.

Do not let the Children see that you love any one Child above the other; for that will be a means of dejecting and casting down the other.

Be careful to hear them read, if it be imposed upon you, and be not too hasty with them, have a special care how you behave your self before them; neither speaking nor acting mis-becomingly, lest your bad example prove the Subject of their Imitation.

Consider the charge you take in hand, and do not desire this Employment as too many do, because it is an easie kind of Life, and void of Labour and Pains-taking; thinking also that Children are easily pleased with any thing; you will find the contrary, and that it is a troublesome Employment, and the Charge of a greater weight than such vain-
imagine.

*Directions for such as desire to be
Cook-Maids, in Noble, or Gentle-
mens Families.*

IF you would fit your self for this Employment, and so consequently gain great Wages, good Vails, and the reputation of an accomplished Cook.

You must learn to be skilful in dressing all sorts of Flesh, Fowl, and Fish, to make Variety of Sawces proper for each of them, to make all manner of Pattes and Kick-shaws, to be curious in garnishing your Dishes, and making all manner of Pickles, &c.

And as you must know how to dress meat well, so must you know how to save what is left of that you have dressed, of
which

which you may make both Handsome and Toothsome Dishes again, to the saving of your Masters Purse, and Credit of his Table.

You must be sure to be as saving as you can, and cleanly about every thing; seeing likewise that your Kitchin be kept clean, and all things scoured in due time, your Larders also and Cup-boards, that there be no bits of Bread and Meat lie about them to spoyl and stink.

You must be careful that your Meat taint not, for want of good Salting. You must also keep good hours for your Meals, otherwise you put an House quite out of Order. Do not covet to have the Kitchin-stuff for your Vails, but rather ask the more Wages: for that may make you an ill Housewife of your Masters goods, and teach you to be a Thief; for you would be apt to put that which would go into the tryed Suet, into your Pot.

Lay not all your Wages upon your Back; but lay up something against Sicknes, and an hundred other Casualties; for you may assure your self it is more commendable, for one in your Employment, to go decent and clean, than gaudishly fine.

Directions

*Directions for dressing of Flesh,
Fowl, and Fish.*

First, For Dressing of Flesh.

To Boyl a Leg of Veal and Bacon.

LArge your Leg of Veal and Bacon, all over, with a little Limon peel among it, then Boyl it with a middle piece of Bacon; when your Bacon is Boyled, cut it in pieces, season it with Pepper and dried Sage mix'd together; Dish up the Veal with the Bacon round about it, send it up with Sawcers of green Sawce, strew over it Parsley and Barberries.

To make a Ericasie of Veal.

Cut your Veal in thin slices, beat it well with a Rolling-pin, Season it well with Nutmegs, Limon and Tyme, Fry it slightly in the Pan, then beat two Eggs, and one Spoonfull

Spoonfuls of Verjuice, put it into the Pan, stir it together, fry it and Dish it.

To Roast a Haunch of Venison.

If your Venison be seasoned, you must water it, and stick it with short sprigs of Rosemary, let your Sawce be Claret-wine, a handful of greated Bread, Cinnamon, Ginger, Sugar, a little Vinegar, boyl these up so thick as it may only run like Butter, it ought to be sharp and sweet. Dish up your meat on your Sawce.

To Stew a Leg of Lamb.

Cut it in pieces, and put it in your stewing Pan, being first seasoned with Salt and Nutmeg, and as much Butter as will stew it, with Raisins of the Sun, Currants and Gooseberries; when it is stewed make a Caudle with the yolks of two or three Eggs, and some Wine-Vinegar and Sugar beaten together, and put it into your Meat and stew all a little longer together, then Dish it, strew Sugar on the top, and serve it up hot.

To make Collops of Veal.

Cut out your Veal into very broad slices fat and lean, not too thick, take eight Eggs, be

beat them very well with a little Salt, grate a whole Nutmeg, take a handful of Thyme and strip it, then take a pound of Sausages, half a pint of stewing Oysters, wash and cleanse them from the Gravel, then half fry your Veal with sweet Butter, then put in your Sausages and Oysters, then take a quarter of a pound of Capers, shred them very small with three Anchovies, dissolved in white-Wine and fair Water, so put in your Eggs, shred Capers and Anchovies, Butter and Spice and mingle them and strew them in the Pan upon the Veal and Oysters; serve it with sippets with a little fresh Butter, and Vinegar and Limon sliced, and Barberries, with a little Salt. You must have care to keep the Meat stirring, lest the Eggs curdle with the heat of the Fire.

*To Roast a Chine, Rump, Surloyn, Brisket,
Rib, Flank, Buttock or Fillet of Beef.*

Take any of these pieces of Beef, and give them in Summer a Weeks powdering, in Winter a Fortnights, you may either stuff them or not; if you stuff them you must do it with all manner of sweet Herbs, and fat Beef minced very small, and some Nutmeg mingled together, you may serve them in on Brewiss, with Roots or Cabbage boyled in Milk with beaten Butter.

To

To Roast a Shoulder of Mutton with Oysters.

Parboyl your Oysters, then mix Winter-Savory, Thyme, Parsley and the yolks of five or six hard Eggs, and to these a Half-penny-loaf of greated Bread, and three or four yolks of Eggs, mingle all these together with your hands; when you have spitted your Mutton, make Holes in it as big as you think convenient, put in your Oysters with your other ingredients; about twenty five or thirty Oysters will be enough, let it Roast indifferent long, and take the remainder of a quart of Oysters, and put them into a deep Dish with Claret-Wine, put to them two or three Onions cut in halves with two or three Anchovies, put this into the Dripping-pan under your Mutton, and save your Gravy, and when the Meat is enough, put your Sawce upon the Coles, and put in it the yolk of an Egg beaten, grated Nutmeg and sweet Butter: Dish your Mutton and pour in your Oysters Sawce and all upon it, garnishing your Dish with Limon and Barberries.

To stew a Rump of Beef.

Season your Beef with some Nutmeg grated together with some Salt and Pepper, season it on the Pony-side, and lay it in the
Pipkin

The Compleat

Pipkin with the fat side downwards, then take two or three great Onions and a Bunch of Rosemary tyed up together, also three Pints of Elder-Vinegar and three Pints of Water, Stew all these together in a Pipkin close covered, over a soft Fire three or four hours together. Dish it upon sippets; taking off the Fat from the Gravy: Put some of the Gravy to the Beef to serve it up.

To Stew a Breast, Loin, or Neck of Mutton.

Joint either of these very well, draw it and stuff it with sweet Herbs and Parsley Mincéd, then put it in a deep Stewing Dish with the right side downward, put to it so much White-wine and strong Broth as will stew it; set it on the Coals, and put to it two or three Onions, a Bundle of sweet Herbs and a little large Mace; when it is almost Stewed take a handful of Spinage, Parsley and Endive, and put into it, or else some Gooseberries and Grapes, and in the Winter time Samphire and Capers, you may add them at any time: Dish up your Mutton and put by the Liquor you do not use, and thicken the other with Yolks of Eggs and sweet Butter, put on the Sauce and Herbs over the Meat, Garnish your Dish with Limon and Barberries.

To Farce, or Stuff a Fillet of Veal.

Take a large Leg of Veal and cut off a couple of Fillets from it, then mince a handful of sweet Herbs and Parsly, and the yolks of two or three hard Eggs, let all these be minc'd very small, then season it with a couple of grated Nutmegs and a little Salt, and so farce or stuff your Veal, then lard it with Bacon and Thyme very well, then let it be roasted, and when it is almost enough, take some of your stuffing and as many Currants, about a handful, and put these to a little strong Broth, a glass of Claret and a little Vinegar, a little Sugar and some Mace; when your Meat is almost ready, take it up and put it into this, and let it stew, putting to it a little Butter melted; put your Meat in your Dish and pour your Sawce on it, and serve it up.

To Dress a Leg of Mutton, a Savary Dish.

Boyl your Mutton in Water and Salt for the space of an hour, then cut it into thin slices and put it into a Dish over a Chafing-Dish of Coals without any liquor, and in a little time you will find the Gravy will be liquor enough; then put in a little Salt and a little grated Nutmeg, one Onion, or two or three Shelots sliced, a Sprig of Thyme and Winter Savory; let it stew between Dishes till it

it be almost enough ; then put in a piece of fresh Butter, and when it hath stewed a little longer, take it up and serve it in ; garnish your Dish with pickled Barberries and pickled Oysters.

To Boyl a Fore Loyn of Pork, with good Sawce to it.

Let your Pork be reasonably well salted, and boyl it very well, then have in readiness a good quantity of Sorrel stripp'd from the stalks, and beaten in a Mortar as fine as possible you can, then put in a few crumbs of Bread, the yolks of hard Eggs, with a little Mustard and Salt ; and so serve in your Pork with this Sawce, and garnish your Dish with Parsley, or any other green leaves.

Directions for Dressing of Fowl.

How to Roast a Hen or Pullet.

TAKE a Pullet or Hen full of Eggs, draw it, and roast it ; being roasted, break it up, and mince the Brauns in thin slices, save the Wings whole, or not mince the Brauns, and save the Rump with the Legs whole, stew

stew all in the Gravy and a little Salt, then have a minced Limon and put it in the Gravy, Dish the minced Meat in the midst of the Dish, and the Thighs, Wings, and Rumps about it; garnish the Dish with Orange and Limon quartered, and serve them up covered.

To Roast Woodcocks the English way.

First pull and draw them, then being washed and trussed, roast them, baste them with Butter, and save the Gravy; then make Toasts, and Butter them; being roasted, bread them with greated Bread and Flour, and serve them on a clean Dish, on the Toast and Gravy.

To Roast Woodcocks the French way.

Being new and fresh killed, that day you use them, Pull, Truss, and Lard them with a broad piece of Lard or Bacon pricked over the Breast; being roasted serve them on broiled Toasts, put in Verjuice, or the juice of Orange with the Gravy, and warmed on a Fire.

To Roast a Pig the Plain Way.

Take a Pig, scaled and draw it, wash it clear, and put some Sage in the Belly, prick it up and spit it; being roasted fine and crisp, make

The Compleat

make Sawce with chopp'd Sage and Currants well boyled in Vinegar and fair Water, then put to them the Gravy of the Pig, a little grated Bread, the Brains and some Barberries; give these a warm or two, and serve the Pig on the Sawce with beaten Butter.

To Roast a Pig otherways.

Take a Pig, scald and draw it, then mince some sweet Herbs, either Sage or Penny Royal, and roll it up in a ball with some Butter, prick it up in the Pigs Belly and roast him, being roasted make Sawce with Butter, Vinegar, the Brains and some Barberries.

To Roast a Hare.

Take a Hare, Flea it, Set it, and Lard it with small Lard, slice it with Cloves and make a Pudding in the Belly with grated Bread, grated Nutmeg, and beaten Cinnamon, Salt, Currants, Eggs, Cream and Sugar make it good and stiff, fill the Hare and roast it. If you would have the Pudding green, put to it the juice of Spinage; if Yellow, Saffron: Make for Sawce beaten Ginger, Nutmeg, Cinnamon, Pepper, boyled Prunes and Currants strained, Fisket-bread beaten into Powder, Sugar and Cloves, all boyled up as thick with Water-Grewel.

Land or Sea-Fowl, how to Boyl them.

Half roast your Fowls sticking on them some Cloves as they roast, save the Gravy, and when they are half roasted put them in a Pipkin with the Gravy, some Claret-Wine, as much strong Broth as will cover them, Mace, Cloves, Pepper, Ginger, some fryed Onions and Salt; stew all well together, and serve them on Carved sippets.

How to Boyl Plovers, Quails, Black-Birds, Rails, Thrushes, Snipes, Wheat-ears, Larks and Sparrows.

Take them and truss them, or cut off the Heads and Legs and boyl them, scum your Pipkin and put therein large Mace, White-Wine, Currants well picked and washed Dates, Marrow, Pepper and Salt being well stewed, Dish them on carved sippets, thicken the Broth with strained Almonds, Rose-water and Sugar, garnish them with Limons, Barberries, and grated Bread.

To Boyl Capons, Pullets, Chickens, Pidgeons, Pheasants, Partridges.

Farset hem either with the bone or bone
the

then take off the skin whole, with the wings and legs on, mince the Body with some Bacon or Beef-Suct, season it with some Nutmeg, Pepper, Cloves, beaten Ginger, Salt, and a few sweet Herbs finely minc'd, and mingled amongst some three or four yolks Eggs, some Sugar, whole rapes, Gooseberries, Barberries and Pistaches, fill the Skin, and pick them up in the Back, then stew them between two Dishes with some strong Broth, White Wine, Butter, some large Mace, Marrow, Gooseberries and sweet Herbs ; being stewed, serve them on sippets with some Marrow and sliced Limon, in Winter-Currants.

To Boyl Capons or Chickens with Sage and Parsly.

First boyl them in Water and Salt, then boyl some Parsley, Sage, two or three hard Eggs, chop them then have a few thin slices of fine Manchet, and stew all together, but break not the slices of Bread, stew them with some of the Broth wherein the Chickens boyl, some large Mace, Butter, a little White Wine or Vinegar ; with a few Barberries or Grapes ; Dish up the Capons or Chickens on the Sawce, and run them over with sweet Butter and Limon cut like Dice, the peel cut like small Lard, and boyl a little peel with the Chickens.

To Boyl any large Water-Fowl, as Swan, Whooper, Wild or Tame Geese, Crane, Hern, Duck, Mallard, &c.

Take a Goose and Salt it two or three days, then Truss it to boyl, cut Lard as big as your little finger, and Lard the Breast, season the Lard with Pepper, Mace, and Salt, then boyl it in Beaf-Broth or Water and Salt, put to it Pepper grossly beaten, a handful or two of Bay leaves, Thyme, and Rosemary bound up very well, boyl them very well with the Fowl, then prepare some Cabbage boyled very well with Water and Salt, squeeze out the Water from it, and put it into a Pipkin with some strong Broth, Claret-Wine and a good big Onion or two; season it with Pepper, Mace and Salt, and two or three Anchovies dissolved, stew these together with a Ladle full of sweet Butter and a little Vinegar, and when your Goose is boyled enough, and your Cabbage on sippets, lay on the Goose with some Cabbage on the Breast, and serve it up. Thus you may dress any large Wild Fowl.

To Boyl Pidgeons.

Take Pidgeons, being finely cleans'd and trussed, put them in a Pipkin or Skillet, with some Mutton-broth or fair Water, set them a
boylins

boyling and scum them clean, then put to them large Mace or well washed Currants, some strained Bread, strained with Vinegar and Broth, put it to the Pidgeons with some sweet Butter and Capers, boyl them very white, and being boyled serve them on fine carv'd sippets in the Broth with some Sugar garnish them with Limon, fine Sugar, Mace Grapes, Gooseberries and Barberries, run them over with beaten Butter; garnish the Dish with grated Manchet.

To Steas Pidgeons in the French Fashion.

Take Pidgeons ready pulled and scalded, take the Flesh out of the Skin, and leave the Skin whole, with the Legs and Wings hanging to it; mince the Bodies with some Lard or Beef-Suet together very small, then put to them some sweet Herbs finely minced, and season all with Cloves, Mace, Ginger, Pepper, some grated Bread or Parmison grated and yolks of Eggs, fill again the Skins and prick them upon the Back, then put them in a Dish with some strong Broth and sweet Herbs chopp'd, large Mace, Gooseberries, Barberries, or Grapes, then have some Cabbage Lettice boyled in Water and Salt, put to them Butter, and serve them up on fine sippets.

How to put up Fowl for to carry to Sea, or otherwise to be spent at home.

Take a good company of Duck or Mallards, pull them, and draw them, and lay them in a Tub, with a little Pepper and Salt for twenty four hours, then Truss them and Roast them, and when they are roasted let them drain from their Gravy, for that will make them corrupt, then put them handsomely into a pot, and take the fat which came from them in the Roasting and good store of Butter, and melt them together in a Pot set in a Kettle of boyling water, put therein good store of Cloves bruis'd a little, some sliced Mace, Nutmeg, Bay-leaves, and Salt, and let them stew in the Butter a while, then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, so that the Fowls be covered, then lay a Trencher upon them, and keep them down with a weight or stone untill they be cold, then take of the same kind of Spice which you did put into your Butter, beat it very fine and strew over it, and lay some Bay-leaves on the top, so cover it up, they will keep a good while; drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

*Directions for Dressing of Fish.**How to Stew a Carp.*

DRefs the Carp and take out the Milt, put it in a Dish with the Carp, take out the gall, then save the blood, and scratch with your Knife the back of the Carp, if the Carp be large, take a quart of Claret or White-wine, 4 or 5 blades of large Mace, ten Cloves, two large Races of Ginger sliced two sliced Nutmegs, with the tops of Tyme, Marjoram, Savory, and Parsley chopp'd very small, four great Onions whole, three or four Bay-leaves and some Salt, stew them all together with the Wine, when the liquor boyls put in the Carp, with a quarter of a pound of sweet Butter, being stew'd enough take a large dish, and laying the Carp therein, pour the Sawce thereon with the Spices, lay on slic'd Limon with some of the peel cut small, and run it over with beaten Butter, garnish the dish with Manchet grated and searced, and Carved sippets laid round the Dish; you may for variety, the Carp being scalded, garnish the Body with stewed Oysters, some fryed in white Butter, some in green made by the juice of Spinage.

How to Roast a Carp.

Take a live Carp, draw and wash it, taking away the Gall, Milt or Spawn, then make a Pudding with some grated Manchet, some Almond Paste, Cream, Currents, grated Nutmeg, raw yolks of Eggs, Sugar, Carraway-Seed Candied, some Salt and Limon, make a stiff Pudding, and put through the Gills into the belly of the Carp, then spit it, and when it is roasted make Sawce with the Gravy that falls from it, with the juice of Orange, Sugar and Cinamon, beat up the Sawce thick with the Butter; and Dish it up.

To Stew Oysters.

Take a Pottle of large Oysters, Parboyl them in their own liquor, then wash them from the Dregs in warm water, and put them in a Pipkin with a good big Onion or two, and five or six blades of large Mace, a little whole Pepper, a sliced Nutmeg, a quarter of a pint of White-wine, as much Wine Vinegar, a quarter of a pound of sweet butter with a little Salt; Stew them together on a soft fire the space of half an hour, then Dish them on sippets of French Bread, put sliced Limon & Barberries on that, then

The Compleat

run them over with beaten Butter, and garnish the Dish with grated Manchet.

To Fry Oysters.

Stain the Liquor from them, and Parboyl them in a Kittle, then dry and roll them in Flour, or make a Butter of Eggs, Flour, a little Cream and Salt, dip them therein and fry them in Butter, beating it up thick, having warmed the Dish, rub it with some Garlick and lay thereon the Oysters garnishing the Dish with slices of Orange.

To Boyl a Pike.

Take your Pike and wash it clean, then Truss it whole round with the Tale in his Mouth, and his Back scotched or cut in three places, then boyl it in Water, Salt and Vinegar, put not the Pike in till the Liquor boyls and then make it boyl apace, and that will crisp your Pike, but afterwards softly: The Pike being boyled Dish it, and garnish the Dish with grated White Bread, or Ginger fine beaten, then beat up the Sawce with half a pound of Butter, minc'd Limon or Orange, and pour it on the Pike with sippets.

To make the Sawce, you must put into a Pipkin a pint of White-Wine, sliced Ginger Mace, Dates quartered, a point of large Oysters, with their Liquor, a little Vinegar and

Servant Maid.

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Salt, boyl them a quarter of an hour, then mince a few sweet Herbs and Parsley, stew them till half the Liquor be consumed.

To Stew a Pike.

Take a Pike, flat it and lay it in a Dish when the Blood is clean washed out, put to it as much White-Wine as will cover it, and set it a stewing, when it boyls put in the Fish and scum it, and put to it some large Mace, whole Cinnamon and some Salt, and when thoroughly stewed, Dish it in sippets finely carved.

To Boyl Salmon.

Take as much Water as will cover your Salmon, then take Rosemary, Tyme, Winter-Savory and Salt, boyl all these very well together, then put in some Wine-Vinegar, and when your Salmon is boyled, let him remain in the same Water always until you have occasion to eat of it.

To Roast Salmon.

Take a Rand or Jole, cut it into four pieces and season it with a little Nutmeg and Salt, stick a few Cloves, and put it on a small Spit, put between it some Bay-leaves, and stick it with little sprigs of Rosemary, Roast it and Baste it with Butter, save the Gravy,

and add to it for Sawce some Vinegar, Butter and slices of Orange.

To Fry Salmon.

Take a Jole, Chine or Rand, and fry it in clarified Butter, being stiff and crisp fryed, make a Sawce with a little Claret-Wine, sweet Butter, grated Nutmeg, slices of Orange and Oyster Liquor, Stew them altogether and pour on the Sawce, and on that Parsley, Alisaunder and Sage leaves fryed in Butter.

Thus have I given you some short Directions for Dressing of Flesh, Fowl and Fish. I shall now give you Directions for making Bills of Fare both First and Second Course, for every Month in the Year, and so conclude my Directions to Cook-Maids.

*A Bill of Fare for Every
Month in the Year.*

January.

1. **B**rawn and Mustard.
2. **B** Two Boyled Capons and White Broth.
3. **A** Turkey Roasted.
4. **A** Shoulder of Mutton Hash'd.
5. **Two** Geese Boyled.
6. **A** Goose Roasted.
7. **Ribs** or Sur-loin of Beef.
8. **Minc'd** Pyes.
9. **A** Loin of Veal.
10. **A** Pasty of Venison.
11. **A** Marrow Pye.
12. **Roasted** Capons.
13. **Lamb.**
14. **Woodcocks, Partridges, and smaller Birds.**

Second Course.

- 1 *A Souc'd Pig.*
 - 2 *A Warden Pye.*
 - 3 *Dryed Neats Tongues.*
 - 4 *A Souc'd Capon.*
 - 5 *Pickeled Oysters and Mushrooms together.*
 - 6 *Sturgeon.*
 - 7 *A Goose or Turkey Pye.*
-

February.

- 1 *A Chine of Roast Pork.*
- 2 *A Veal or Beef Roasted.*
- 3 *A Lamb Pye and minced Pies.*
- 4 *A couple of Wild Ducks.*
- 5 *A couple of Rabbers.*
- 6 *Fryed Oysters.*
- 7 *A Skirret Pye.*

Second Course.

- 1 *A whole Lamb Roasted.*
- 2 *Three Pidgeons.*
- 3 *A Pippin Pye.*
- 4 *A Sole of Sturgeon.*
- 5 *A Cold Turkey Pye.*

March.

- 1 **N** Eats Tongue and Udder.
- 2 **N** Boyled Chickens.
- 3 *A Dish of Stewed Oysters.*
- 4 *A Dish of young Rabbits.*
- 5 *A Grand Sallet.*

Second Course.

- 1 *A Dish of Soles or Smelts.*
- 2 *Marinate Flounders.*
- 3 *A Lamb-stone Pye.*
- 4 *An hundred of Asparagus.*
- 5 *A Warden Pye.*

April.

- 1 **G** Reen Geese, or Veal and Bacon.
- 2 **G** A Hanch of Venison Roasted.
- 3 *A Lumber Pye.*
- 4 *Rabbits and Tarts.*

Second Course.

Cold Lamb.

F 5

2 Cold

The Compleat

- 2 Cold Neats-Tongue Pye.
 - 3 Salmons, Lobsters, and Prawns.
 - 4 Asparagus.
-

May.

- 1 **B**oyled Chickens.
- 2 **B**oiled Roasted Veal.
- 3 Roasted Capons.
- 4 Rabbits.

Second Course.

- 1 Artichoke Pye hot.
 - 2 Westphalia, Bacon, and Tarts.
 - 3 Sturgeon, Salmon, Lobsters.
 - 4 A Dish of Asparagus.
 - 5 A Tansie.
-

June.

- 1 **A** Neats Tongue or Leg of Mutton and Colliflowers.
- 2 A Snake Pye.
- 3 A Shoulder of Mutton.
- 4 A Fore Quarter of Lamb.

Second

Second Course.

- 1 Sweet-Bread Pye.
 - 2 A Capon.
 - 3 A Gooseberry Tart.
- Strawberries and Cream, or Strawberries,
White-Wine, Rosewater and Sugar.
-

July.

- 1 **A** Westphalia-Ham and Pidgeons.
- 2 **A** Loin of Veal.
- A** Venison Pastie.
- 4 Roast Capons.

Second Course.

- 1 Pease or French Beans.
 - 2 A Codling Tart.
 - 3 Artichokes, or a Pye made thereof.
 - 4 Roast Chickens.
-

August.

- 1 **C** Alves Head and Bacon.
- 2 **C** An Olio or Grand Boyled Meate.

- 3 *A Haunch of Venison.*
- 4 *A Pig Roasted.*

Second Course.

- 1 *Marinate Smelts.*
 - 2 *A Pidgeon Pye.*
 - 3 *Roasted Chickens.*
 - 4 *A Tart.*
 - 5 *Some Cream and Fruit.*
-

September.

- 1 *Capon and White-Broth.*
- 2 *Neats Tongue and Udder Roasted.*
- 3 *A Powdered Goose.*
- 4 *A Roasted Turkey.*

Second Course.

- 1 *Potato Pye.*
- 2 *Roast Partridges.*
- 3 *A Dish of Larks.*
- 4 *Cream and Fruit.*

October.

- 1 **R**oast Veal.
- 2 Two Brand Geese Roasted.
- 3 A Grand Saller.
- 4 Roasted Capons.

Second Course.

- 1 Pheasant, Pouts and Pidgeons.
- 2 A Dish of Quales and Sparrows.
- 3 A Warden Pye, Tarts and Custards.

November.

- 1 **A** Shoulder of Mutton and Oyers.
- 2 A Loin of Veal.
- 3 Geese Roasted.
- 4 A Pasty of Venison.

Second Course.

- 1 Two Herns, one Larded.
- 2 A Soufed Turbot.
- 3 Two Pheasants, one Larded.

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- 4 *A Roll of Beef.*
 - 5 *Sow'd Mullet and Base.*
 - 6 *Jellies and Tarts.*
-

December.

- 1 **S** *Tewed Broth of Mutton and Marrow-Bones.*
- 2 *Lambs Heads and White Broth.*
- 3 *A Chine of Beef Roasted.*
- 4 *Minc'd Pyes.*

Second Course.

- 1 *A Young Lamb or Kid.*
- 2 *Two Brace of Partridges.*
- 3 *Ballone Sawfages, Anchovies, Mushrooms, Cavier, and pickled Oysters in a Dish together.*
- 4 *A Quince Pye.*
- 5 *Six Woodcocks.*

Directions

Directions for Under-Cook-Maids.

IF you would so fit your self for this employment, as that it may be a means of Rasing you to higher preferment, you must be careful to be diligent and willing to do what you are bid to do, and though your employment be greasie and smooty, yet if you be careful you may keep your self from being nasty. Therefore let it be your care to keep your self Neat and Clean, observe every thing in Cookery that is done by your Superior or Head-Cock, treasure it up in your Memory, and when you meet with a convenient opportunity, put that in Practice which you have observed, this Course will advance you from a Drudge, to be a Cock another day. Every one must have a beginning, and if you be ingenious and bend your mind to it, and be willing to learn, there is none will be so Churlish or unkind, as to be unwilling to teach you, but if you be stubborn and careless, and not give your mind to learn, who do you think will be willing to teach you? You must be-
ware

ware of Gossips and Chair-women for they will mis-advise you, take heed of the Sollicitations of the Flesh, for they will undo you, and though you may have mean thoughts of your self, and think none will meddle with such as you, it is a mistake, for sometimes brave Gallants will fall foul upon the Wench in the Scullery.

*Directions for such as desire to be
Dairy-Maids.*

THose who would endeavour to gain the Esteem and Reputation of good Dairy-Maids, must be careful that all their Vessels be scalded well, and kept very clean, that they Milk their Cattle in due time, for the Kine by custom will expect it though you neglect, which will tend much to their detriment.

The hours and times most approved, and commonly us'd for Milking are in the Spring and Sommer-time, between five and six in the Morning, and between six and seven in the Evening: And in the Winter between seven and eight in the Morning, and four and five in the Evening:

In the next place you must be careful that you do not waste your Cream by giving it away to liquorish Persons.

You must keep certain days for your Churning, and be sure to make up your Butter neatly and cleanly, washing it well from the Butter-Milk, and then Salt it well.

You must be careful to make your Cheeses good and tender by well ordering of them, and see that your Hogs have the Whey, and that it be not given away to Gossiping and Idle people, who live meerly upon what they can get from Servants.

That you provide your Winter Butter and Cheese in Summer, as in *May*: And when your Rowings come in, be sparing of your Fire, and do not Lavish awy your Milk, Butter or Cheese.

If you have any Fowls to Fat, look to them that it may be for your Credit and not your Shame, when they are brought to Table.

When you Milk the Cattle, stroke them well, and in the Summer time save those strokings by themselves, to put into your Morning Milk Cheese.

I look upon it to be altogether needless, for to give you any Directions for the making of Butter or Cheese, since there are very few (especially in the Country) that in be ignorant thereof; I shall only say, that

that the best time to put up Butter for Winter, is in the Month of *May*, for then the Air is most temperate, and the Butter will take Salt best. However it may be done at any time betwixt *May* and *September*.

I shall now give you some few Directions for made Cream, and for Milk made better by Art, and so conclude my Directions to Dairy-Maids.

How to make your ordinary clouted Cream.

Take a quantity of Milk from the Cow, and put it into a broad Earthen pan, and set it over a very slow Fire, letting it stand there from Morning to Night, suffer it not by any means to boyl, then taking it of the Fire, and set it in some place all night to cool, in the Morning dish off your Cream, for it will be very thick.

To make fresh Cheese and Cream.

Take a Pottle of new Milk as it cometh from the Cow, half a pound of blanch'd Almonds beaten very small, and make a thick Almond Milk with a pint of Cream strained, and a little before you go to Dinner make it Blood warm, and season it with a little Sugar, Rosewater, and scarce Ginger, and put to it a little Runnet, a
wh

when it is scum'd, Bread it up and Whey it, and put it into a Mould and Press it with your hand, and when it is well Wheyed, put it into a Dish with Cream.

To make a Cream of Codlins.

After you have scalded your Codlins and peeli'd off the Skin, and scrap'd the Falps from the Cores with a little Sugar, and Rose-water, strain them, and lay the Pulp of your Codlins in a Dish, with as much Cream as you please about them.

To make a Junket.

Take Ewes or Goats Milk, if you have either of these, then take Cows Milk, and put it on the Fire to warm, then put in a little Runnet to it, then pour it out into a Dish and let it cool, then strew on Cinnamon and Sugar, then take some Cream and lay upon it, scraping Sugar thereon, serve it up.

To make Raspberry Cream.

When you have boyl'd your Cream, take two Ladlesfuls of it being almost cold, bruise the Raspberries together with it, and season with Sugar and Rose-water, and put it into your Cream, stirring it all together, and set it up.

To make Snow Cream.

Break the whites of six Eggs, put thereto a little Rose-water, beat them very well together with a Bunch of Feathers till they come perfectly to resemble Snow, then lay on the said Snow in heaps upon other Cream, that is cold, which is made fit for the Table, you may put under your Cream in the bottom of your Dish, part of a peany Loaf, and stick therein a Branch of Rosemary and Bays, and fill your Tree with the said Snow ; so serve it up.

To make a Syllabub.

Take a pint of Verjuce, in a bowl, Mix the Cow to the Verjuce, then take off the Curd, and take sweet Cream and beat them together with a little Sack and Sugar, put it into your Syllabub pot, strew Sugar on it, and serve it up.

To make a Whipt Syllabub.

Take the whites of two Eggs and a pint of Cream, with six spoonfuls of Sack, and as much Sugar as will sweeten it, then take a Birchen Rod and whip it, as it riseth in froth scum it, and put it into the Syllabub pot, and so continue it with whipping and scumming till your Syllabub pot be full.

To make an excellent Cream.

Take a quart of Cream and set it a boyl-
ing with a large Mace or two, whilst it is
boyling cut some thick sippets, and lay them
in a very fine clean dish, then have seven or
eight yolks of Eggs strained with Rose-
water, put some Sugar to them, then take
the Cream from the Fire, put in the Eggs
and stir all together, then pour on the slices
of fine Manchet, and being cold scrape on Su-
gar, and serve.

*Directions for such who intend to be
Laundry-Maids in Great Houses.*

IF you would have the Esteem, Credit
and Reputation of a Compleat Laundry-
Maid, you must observe these following
Directions.

First you must take care of all the Linen
in the House (except Points and Laces) and
whatever you wash do it quickly, and do not
let it lie and stink, and grow yellow, and
to create to your self the trouble of Wash-
ing it again, before it be used.

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Secondly, you must take care that all the bracks and rents in the Linen be duely mended.

Thirdly, Keep your certain days for washing of such Rooms as are appointed you to Wash and keep Clean.

Fourthly You must be sparing and not Lavish and Wastful of your Soap, Fire and Candle.

Fifthly, Entertain no Chair-Woman unknown to your Master and Mistress.

Sixthly, Be careful that your Tubs and Coppers, or whatsoever else you make use of be kept clean, and in good repair.

Seventhly, You must be careful that you rise early every Morning, but more especially on Washing-days.

Directions for House-Maids in Great Houses.

Your principal Office is to make clean the greatest part of the House, and see that you suffer no Room to lie foul.

2. That you look well to all the stuff, as Hangings, Chairs, Stools, &c. And see that they be often brushed and the Beds frequently turn'd.

3. That you do not mis-place any thing by carrying it out of the Room to another, for that is the way to have them lost, or you soundly Child for not keeping them in their Proper places.

4. That you be careful and diligent to all Strangers, and see that they lack nothing in their Chambers, which your Mistress or Lady will allow, and that your Close-stools and Chamber-pots be duely emptied, and kept clean and sweet.

5. That you help the Laundry-Maid in the Morning on a Washing-day.

6. That in the Afternoon you be ready to help the Waiting-woman or House-keeper in their Preserving and Distilling.

Directions for Scullery-Maids in Great Houses.

1. **Y**OU must be careful to keep sweet and clean all the several Rooms which belong to your Charge, as the Kitchin, Panty, Wash-house, &c.

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2. You must Wash and Scowre all the Plates and Dishes that are used in the Kitchen, like-wise the Dressers and Cup-boards, also all Kettles, Pots, Pans, Chamber-pots, with all other Iron, Brass, Tin, and Pewter Materials, that belong to the Chambers and Kitchen.

3. You must Wash your own Linen, keeping your self sweet and clean, remembering always, as soon as you have made an end of your dirty work, to Wash and Dress your self neatly, tately and Cleanly.

Now if you be careful and diligent, and cleanly in performing this place, you will have notice taken of you, and you will be Advanced to a higher and more profitable Employment.

A
SUPPLEMENT
TO THE
Compleat
SERVANT MAID;
CONTAINING

The Choicest Receipts and rarest Secrets in **Physick** and **Chirurgery**.

Fitted to the Capacity of the meanest House-keeper, and if put into practice may prevent the frequent Expences, and Charges which most Families are at upon Doctorry and Chirurgery.

L O N D O N.

Printed for *Eben. Tracy* at the Three Bibles
on *London-Bridge*. 1700.

Choice and rare Receipts in Physick and Chyrurgery.

A Remedy against the Griping of the Guts, to be taken inwardly.

TAke Dates and Peach Kernels of each half a Dram, Nutmeg four Scruples, Powder of Diamargaritum Calidum two Drams, Anise-Seeds one Dram, Cinamon two Scruples, Saffron ten Grains, Sugar the weight of all the rest: Make all into a most fine Powder, whereof give two Drams in White Wine twice or thrice a day, if the pains are much.

A Cure for the Scurvy.

Take half a peck of Scurvy-Grass, Water-Cresses, Brook-Lime, Horse-Radish, Selandine, Wormwood, Fumetory, Hyssop, Germanander, Bettony, Agrimony, Burrage, Buggools, Elicampane, Polypody of the Oak, Capers, Ash, Flowers of Elder, Tamaris-barks, of each of these a handful, boyl them

in postern Waters, or other clear running Waters; to make it pleasant, you may put in a little Sugar-candy, and drink it as Dy-et-drink, every Morning, keeping your Body very temperate.

An incomparable Cure for the Palsie.

Take Lavender and boyl it in Water, then strain it, and drink half a point daily, first and last for a Fornight together, it will cure you: *Probatum est.*

To make the Face fair, and the Breath sweet.

Take the Flowers of Rosemary, and boyl them in White-Wine, then wash your Face therewith and use it for to drink, so shall you make your Face fair, and your Breath sweet: *Probatum est.*

An excellent Remedy for Broken-belly'd or Burst.

Take nine red Snail-shells dyed in an Oven between two Tiles, beaten to Powder, and take one part of the nine, of the Powder, in a draught of White-wine, fasting eat or drink not for two hours after at least, and make a Truss fit for the broken place, and it is a present Remedy.

A present Remedy for the Cramp.

Take Brimstone, Vernine, two Eggs, shells and all, and a handful of Wormwood leaves, stamp them all together very well and apply it to the Arm, or any other place grieved, ry, hot, do it fresh every two days, for ten

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days together, and you shall have Remedy : After that swaddle the place with a Scarlet or red Cloth, next your Skin, and so wear it in Winter and Summer : *Probatum est.*

A Medicine for Fevers.

Take Cammomile and Centory, stam them, and wring out the juice, drink it in Butter-milk, Posset-drink, mingled with Wine, with continuance, and you shall find perfect Cure : *Probatum est.*

For the Rickets in Children.

Take a handful of the inner Bark of Tamaris, and lay it in steep in a pint of White Wine three days, and let the Diseased Child drink now and then two spoonfuls at a time, and it is present Cure.

A Medicine for a scald Head.

Take the Leaves, Branches, and Buds of Brambles, boyl them in an indifferent quantity of running Water, till half be boyled away, and wash the Head well with the Water, Morning and Evening, and dip a Cloth in the Water, and lay it to the Head ; and it will heal it.

A precious Remedy for sore Eyes.

Take Violets, Myrrh and Saffron, and make a Plaster, and lay it on the Eyes, for Sores, Aches, and Swellings, and you shall find present Remedy.

For Blood-shotten sore Eyes.

Take the juice of Plantain, House-leek, Lily-Root, Betony, the white of an Egg and fair Water, the quantity alike, strain them, and drop it into the Eye luke-warm, twice a day ; and it is a present Cure.

For the Pin and Web.

Take the Powder of Ground-Ivy, a Hares Gall, and fine Ginger, a little Hony, with Woman's Milk, an even quantity ; strain them and drop in your Eyes twice a day ; and you shall find Remedy.

A precious Medicine for the Head-ach.

Take a spoonful of the juice of Betony, with as much Wine, and as much Honey, nine Pepper Corns beaten in it, drink it at times, four days ; and it is a present Cure.

Another for the Head-ach, a Medicine worth Gold.

Take the juice of Ivy, and out of a spoon or fawcer snuff it up into your Nose with a Quill.

A Remedy for Deafness in the Ears.

Take the juice of Coleworts, Bettony, Hore-hound, and Sallet-Oyl, and mingle them with Rain Water, and drop it into the Ears luke-warm ; and it is present Cure.

A precious Medicine for the Stone.

Take the juice of Saxifrage, the Powder of Ivy-Berries, and the Powder of Ivy Bark, and as much Salt-peter as a Hasle-Nut, all in

indifferent quantity, take them in White-Wine, as oft as you best please, and you shall
 And present Remedy : *Probatum est.*

*A present Remedy for the Running of the Reins,
 or Pain or Weakness in the Back.*

Take the pith of an Ox back, and scald it, and then strain it out the Skin, and Plantain Seeds beaten to a Powder, and a pound of Jourden-Almonds beaten to Powder, a pint of Plantain-Water in a quart of Milk, strain it, and seeth it a little with Sugar and Cinnamon, a little Clary chop^t small, Parsnips dried and beaten to Powder, if you can get it. All these eat lukewarm together, or as you can obtain them, and you shall find present Remedy : *Probatum est.*

*A present Remedy for the Sciatica, or all Aches
 in the Bones.*

Take Rue and Red-Nettles, Wormwood, Horehound, of each of them a handful, stamp them all together, and take the Gall of a Bull or Ox strained, May Butter, Black-Soap, Frankincense, of each a like quantity, mix them all, and warm them a little in a Frying-Pan, spread it on Leather, then lay a Linen Cloth between the Plaster and Skin, bind it fast, and wear it a week together, and you shall have perfect Cure ; after that swadle the place with a Scarlet or Red Cloth,

Cloth, and so wear it Winter and Summer next your skin : *Probatum est.*

A precious Remedy for the Falling-Sickness, the Convulsion fits, and the New Disease.

Take the Skull of a Man or Woman, wash it clean, then dry it in your Oven, after your Bread is drawn, beat it to powder, and boyl it in Posset-drink, then let the Party drink thereof Morning and Evening, or as oft as need requireth ; it is an approv'd Remedy.

Mr. Baker's Medicine for the Cough of the Lungs.

Take three pints of Running water, half a pound of Portugal Sugar, with nine Figs, and half a Spoonful of Anise Seeds bruised, a handful of Raisins of the Sun clean washed and stoned, a penny worth of Maiden-hair : let all these boyl together, until the one half and more be boyl'd away, then strain them through a fine Cloth, and every Morning drink two Spoonfuls of it luke-warm, and you shall find present Remedy.

For a Tetter.

Take the Gum of Cherry-tree, and lay it in Vinegar ten days, then anoint the Tetter therewith : Good for all sorts of Itches also.

For the Phthysick Cough.

Take a piece of Salt-peter as big as a

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Hasse-Nut, bruise it, and put it into five spoonfuls of fair Water, and drink it luke-warm Evening and Morning, and you shall find present Remedy.

A Medicine to dry a Sore.

Take Mutton Suet, and melt it, and strain it, and make thereof a Salve.

To Skin a Sore.

Take new Milk and Alum, dip a Cloth therein, and lay it upon a Sore.

For all manner of Palsies in the Head.

Take small Spike both the Flower and the Stem, Distil it, and wash the place grieved, and the hinder part of the Neck.

For the Tooth-ach.

Take Rosemary wood, burn it to Coals, not to Ashes, beat it small, put it into a new Linen Cloth, make it as big as a Walnut, and hold it between your Teeth, it will kill all Worms, and keep the Teeth from all pain : *Probatum est.*

For a Sore Throat.

Take Columbine and Cinquefoyl, and stamp them, and boyl them together, and strain them with Milk and drink it very warm.

For a Canker in the Mouth.

Take a Flower-de-luce-Root, wash it, and lince it, and a few leaves of Penny-royal, lay them to steep in Conduit-Water : wash the

Mouth with the Water, and you shall find present Remedy.

Another for the Cough or stopping of the Breath.

Take Syrop of Hore-hound, Hysop, Liquorish, of each an ounce, and take thereof every Morning a spoonful or two.

For the hardness of the Spleen.

Anoint the Spleen with the Oyl of Mastick, made of Mastick it self.

For a Stitch.

Take Camomile, and make it dry between two Dishes on a Chafing-dish of Coals, and so bind it to the place.

For Windiness and Weakness in the Stomach.

Take new Bread, toast it a little, then soak it all night in Hypocrift, and eat it in the Morning fasting.

For those that cannot hold their Water.

Take the Bladder of a Sheep, dry it thoroughly, beat it to Powder, put it into five spoonfuls of Vinegar, and give it the Party to Bed-ward to drink; and it will Remedy it.

A Remedy for the Mother.

Take Cummin-Seed, and Coriander-Seed, beaten to powder, an ounce of Bettony leaves, stamp it small, and drink it with Wine: smell to perfume, or old Leather, and you shall have Remedy.

For the Yellow Jaundice.

Take the inner Bark of a Barberry-tree, and seeth in Milk, and drink it.

Ano-

The Compleat*Another for the same.*

Take Turmerick and English Saffron, and drink them in Ale.

To stop the Bleeding at Nose.

Take Cumfry, and put it into the Nostrils, or receive the smoak thereof.

For Burning.

Take the dropping of Bacon, and lay thereon.

For the Piles.

Take Black-Wooll, and Black-Soap, and bind it thereto, or brown Paper alone helps.

To remove a Disease from the Stomach.

Drink a quantity of Dragon water, or water Imperial, mingled with Treacle or Mithridatum.

For one that is Poisoned.

Take green Rue, wash it and temper it with White-Wine, and give it him to drink.

A present Remedy for an Ague.

Take two ounces of Bay Salt, two ounces of white Frankincense, and a handful of Smallage beaten together, and lay it to the wrist of the Hand, two hours before the Fit doth come.

For Spitting of Blood.

Take Smallage and Mint, Rue and Bettony, and seeth them in good Milk, and sup it warm.

For

For the pain in the Back.

Take Sage, Rosemary, Chamomile, of each of them a handful, then stamp them together, and fry them in *May* Butter, and anoint the Back therewith warm.

For the Canker in the Mouth:

Take the juice of a Plantain, Vinegar, and Water of Roses, and wash the Mouth therewith.

For a Sore Breast.

Take Grounſel, and chop it ſmall, the grounds of ſmall Beer, and wheaten Bran, and Sheeps ſuet beaten in a Mortar, and boyl them all together, and lay it to the Breast.

For a weak Stomach.

Seeth Centory in fair clean Water, and let the ſick drink thereof luke-warm nine ſpoonfuls at a time ; it purifieth the Breast and Stomach.

For the Worms.

Take a ſpoonful of the Syrup of Wormwood, with a Scruple of Aloes.

For the Stone Collick.

Take a head of Garlick; roast it in the Embers, clean it and beat it in a diſh with a Rolling-pin, put thereto a good quantity of Pepper ; then take of unfalted Butter clean waſhed, as much as both Garlick and Pepper, mix them well together, and make Pills thereof as big as may conveniently be ſwallowed.

lowed, roll them in Nutmeg and Sugar; then take one, if that ease not take a second, at most but a third, fasting half an hour after, then take a toast, and butter it well on both sides with fresh Butter, put it into a pint of the strongest Ale you can get; being soaked eat the Toast first, then drink the Ale, and by the help of God it shall cure young and old.

For the Dropsie.

Take Pills made with Aloes, Jallap, and Honey, every day; take Broth made with Veal, and Scurvy grass boyled in it; let the Meat you eat be roasted dry, and all the other Dyet as dry as you may; refrain drink as much as you may, but what you drink, let it be the best.

A Remedy for the swelling of the Legs.

Take the juice of Walwort, of Wax, of Vinegar, of Barley-meal, of each a like quantity; boyl them, and make a Plaster; and bind it upon the Sore: *Probatum est.*

A precious Medicine for the Gout.

Take a pint of White-Wine, a quart of Running-water, the Gall of an Ox strained, a pound of Barley Flower, a pound of Black Soap or other Soap, some Rosin, some Deer suet, seeth all a little till it be thick, after take two Eggs, shells and all, beat them small and put to the other, and apply it Plaster-wise, bind it to the place luke-warm, and

and you shall find present Remedy ; after this swaddle the place with Scarlet or Red Cloth next your Skin, and wear it so Winter and Summer : *Probatum est.*

To make one sleep.

Take Littice and pound them, and wring out the juice and drink it.

To stop a Looseness.

Make a Pap of Bean-flower, and put there-to Powder of Cinnamon.

For a Fellon.

Take May Butter, and temper it with a little Barley-flower, and Bean-flower, and new yellow Wax, with a little Rosin, and make it in form of a Plaster.

To stay a Flux.

Take Ising-glass, and boyl it in Broth, and give the Patient to drink.

A most excellent Powder against Botches, Boyls and Tokens.

Take of ripe Ivy-berries dryed in the shade, and beat them to Powder, and then lye in your Bed, and sweat well, after your sweat is over, change your shirt and sheets, and all your Bed-Cloths, if you can : if not, be sure you change your Linen. *Some have taken this Powder at Night, and have found themselves well in the Morning, and have walkt about the house fully Cured. Some having Plague-sores under the right Thigh, and under*

under the left Arm; taking this Powder in the Morning, and again at Night, their Sores have been broke of themselves, and the Parties have recover'd by the help of God. This Powder is most excellent for Botches, Boyls, Plague-sores, Tokens, Shingles, and all other Pestilent Diseases; approved by divers people now living in the City of London.

A most excellent Plaster for swelling of the Arms and Legs and Feet.

Take Lin-seed, Wheaten-bran, Brooklime, Chick-weed, and Gruncil, of each one handful, boyl them in a Pottle of White-Wine till it be thick, then make a Plaster thereof, and then lay it to the swollen place as hot as you can endure it, and it will cure you with three or four Plasters: *Probatum est.*

For the Black Jaundice.

Take of Herb Ambrose, Bettony, Mugwort, of each a handful, three or four Dock-roots, clean pickt, washt, and scrapt, stamp all these in a Mortar till they be indifferent small, then take Spikenard, Turmericke, and Gallinal, of each a handful, stamp them in a Mortar likewise, then mix them together, and put them in a clean Cloth by themselves, and tie them fast with strings, and then hang them in two Gallons of

of good Ale newly tunned up, and after three or four days drink a good draught thereof every Morning next your heart, and fast after it three hours, and do the like when you go to Bed, and you shall find present Remedy; *Probatum est.*

A most excellent Syrup for a Consumption.

Take three Sheeps-Hearts, slit them, and take out the strings and Blood, and lay them in Water to soak a night and a day, then wash them clean and put them into a Pipkin; lay in the bottom of the Pipkin, stalks of Rosemary, in the manner of a Grid-Iron, then lay the Hearts on them, every Heart being stuck with three Cloves, and half a quartern of Sugar put into every Heart, then stop up the Pipkin very close with Paste, and put it into the Oven with Household bread, and when you think it sufficiently stewed, take out the Pipkin again, then every Morning and Evening take a Spoonful of this Syrup; and it will Cure you.

A Sear-Cloath for divers Causes.

Take of Oyl of Olives, Red-Lead, White-Lead, of each one pound; of Castle-Soap four ounces, Oyl of Bays two ounces, mix them altogether and put them into a Pipkin, then let it boyl over a gentle Fire of Embers till it be well mingled and melted together, then strow a little Red and White Lead,

Lead, being mingled together in Powder, still stirring it with a clean stick, and so strow in more and more of your Lead by little and little, till all be in, still keep it with stirring, that it burn not at the bottom, stir it for an hour and half together, then make the Fire bigger, till the redness be turned into a dark Colour, but you must not leave stirring till the Water be turned into a perfect black Colour as Pitch, then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Fingers, it is enough, then take Linen Cloths and dip them therein, and make your Sear-Cloths thereof; they will keep twenty Years, let your Powder of Lead be sifted very fine, and shred the Soap small. The Vertues of this Sear-Cloth, are as followeth: Being laid upon the Stomach it doth provoke Appetite, and taketh away the pain in the Stomach: Being laid to the Belly it is a present Remedy for the Chollick being laid to the Back, it is a present Remedy for the Flux, and the Running in the Reins, Heat of the Kidneys, and Weakness of the Back; it helpeth all swellings and Bruises, and taketh away Aches, it breaketh Fellons, and other Imposthumes, and healeth them, it draweth out any running Humour, and helpeth him without breaking of the Skin, and being applyed to the Funda-
ment,

ment, it helpeth all old Sores, and it will be made in six hours; thus you have had the Virtue of this excellent Sear-Cloth.

A most excellent Drink that healeth all Wounds without any Plaster, or Oyntment, or without Taint, most perfectly.

Take Sanicle Milfoil, and Bugle, of each two handfuls, stamp them in a Mortar, and temper them in White-Wine, and give the sick that is wounded twice or thrice in a day, till he be whole. Bugle holdeth open the wound, Milfoil cleaneth the wound, Sanicle healeth it, but Sanicle must not be given to him that is wounded in the Head.

For Worms, Boils, and Botches.

Take Rosemary, and eat, if fasting, with Bread and Honey, and you shall have no Worms, Boils, or Botches.

For all Aches and Lame Members.

Take green Rue and Rosemary, two handfuls, put them into Sallet-Oyl and Malmsey, of each one quart, let them boyl half an hour together, then let the place grieved be anointed therewith against the Fire, being first chafed with a Cloth very well; after anointed wrap it up in a Lams-skin, the Wooll side inward, do this to Bedward,
for

The Compleat

for the space of three weeks together ; this Cured a Man, that could not stand nor go : *Probatum est.*

A most excellent Remedy for to Cure Children of the Rickets.

Take a quart of Cream and boyl it to an Oyl, take three or four good handfuls of Camomile, and mince it small, and put it into the Oyl, and let it boyl over a soft Fire till the heads become crisp, and that it be very bitter, then strain it, and then anoint the Childs side downwards, and the bottom of the Belly, and the Ribs Morning and Evening : Also give the Child thrice a day, six spoonful of Harts Tongue Water, in w^hich you have steeped seven or eight Cloves, put therein some brown Sugar-Candy and mix it : If the Child be not weaned you must wean it, or else no Medicine will recover it ; also you must carry it as little as you can in your Arms, but when you do, be stirring of it, and make it try to use the Legs, if it be of that bigness, and in a short time it will Cure it. I never knew this fail ; *Probatum.*

A most excellent Eye Water, for any Disease of the Eyes, often approved, with happy Success.

Take of the best White-Wine two little Glasse fulls, of white Rose-water half a pint, of Water Selandine, Fenil, Eyebright and Rue.

Rue, of each a quarter of a pint, prepared Tutty six ounces, of Cloves as much, beaten to fine Powder, of fine Sugar two ounces, of Camphire and Aloes, of each an ounce, then mix them together, and put it into a Glass, and keep it very close that no Air can get to it, then let it stand forty days and nights abroad, in the hottest of Summer, and shake it well twice a day, then let the Party drop a drop in their Eye, with a black Hens feather, as he lyes on his Back, and stirring his Eye up and down, and it shall Cure his Eyes of all Diseases.

A most excellent Julep for a Cough.

Take a pottle of Spring-Water, and put therein ten spoonfuls of Hyssop, and two of Rosemary, of Liquorish cleaned scraped and thin sliced, two ounces, of Anise-seeds bruised two ounces: Boyl all these till half the Water be consumed, then strain it, and put in it three drops of Oyl of Sulphur, take two spoonfuls, when you begin to cough, this will lessen the Flegm, and cause you to bring it up easily : *Probatum.*

For a Bruise or Squat.

Take white Daisie-Roots, Leaves, Flowers, and all, pound them, and strain the juice of them into strong March-Beer or Sack, and
give

The Compleat

give the Patient a good draught thereof, or boyl them in Ale and make a Posset thereof, as of the former, and let him eat the Leaves if he can, and let him Sweat after.

For the Cough of the Lungs.

Take Colts-foot, Bettony, Burnet, and Red Rose-Leaves, of each a handful, of Cumfry-Roots scraped and sliced two handfuls, boyl all these in a Gallon of Spring-Water, till it comes to a pottle, then strain it, and set it over the Fire again, then take a pound of double refined Sugar, and put into it, and let it boyl over a soft Fire a quarter of an hour, then take it off, and put it into some Glass, and stop it up close, and then drink six spoonfuls Morning and Evening, and at four in the afternoon, it is an approved Remedy.

A most excellent Medicine to make Children breed Teeth easily.

Take of pure Capons Grease, very well Clarified, the quantity of a Nutmeg, and twice as much pure Honey, mingle and incorporate them well together, and three or four times in a day anoint the Childs Gums, when they are Teething, and they will break flesh easily, and prevent Torments and Agues, and other Grievs, which usually accompany their coming forth.

Directi-

Directions for a Glyster.

Take a pint of New Milk, or a pint and a half, and set it on the Fire, and make it scalding hot; take it off, put into it the yolk of a New laid Egg beaten, two ounces of brown Sugar-Candy, and give it the Party Blood-warm.

A Special Water for the Wind in the Stomach, or any other Part.

Take Penny-Royal-Water eight spoonfuls, put to it three or four drops of Oyl of Cinnamon, drink it any time of the day, but be sure fast two hours after it.

A Powder for tender Eyes, for old or young.

Take a piece of white Sugar-Candy the bigness of a Chesnut, put it a steeping in three spoonfuls of the best White-Wine you can get, take it out, dry it; when it is dry be sure you bruise it in a clean Mortar, which tastes of nothing; when so done put it upon a white Paper, hold it to the Fire, so that it may be thorough dry, then searce it through a little Seive.

A excellent Medicine for the Corns.

Half a pint of fair Water, of Mercury Sublimate a Penny-worth, of Alum a piece the bigness of a Bean, and boyl all these together in a Glass Still, till a spoonful be wasted, and when you use it be sure warm it.

The Compleat

it, this also is good for a Wart, Tetter, Ring-worm, or the Itch.

An excellent Powder for the Green-Sickness.

Take of Nutmegs, Cloves, -Mace, one quarter of an ounce of each, beat them severally, then beat all together very well, one quarter of a Pound of fine Sugar, very small beaten, mix them all together and beat them very well, Pearl the sixth Part of half an ounce, finely beaten, and mingle it with the rest, beating them all together again, the filling of Steel, or Iron, an ounce and a quarter, and sift it very small, mingle it with the rest, but if so small a quantity will not serve, add of the mettle a quarter more, let it be sifted before you weigh it : If this will not serve, put in a little Rubarb, or a little Aloes Succatrina, when you rise in a Morning take half a spoonful, at four a Clock in the Afternoon take as much, and when you go to Bed as much, stir your self an hour, and then eat some thin Broth, Sugar-Sops or the like.

Directions to make a Plaster for a Rupture.

Take fresh Butter and unwrought Wax, of each a like quantity, Clarifie them severally, the juice of Comfrey, knotted Grass and wild Daisie-Roots of each a like quanti-

ty, take the Powder of Anise-seed and Cummin-seed, but thrice as much Cummin-seed, as Anise-seed, and the Roots of Cumfry, dry it, make Powder of it, boyl those Powders in the Butter and unwrought Wax, on a soft Fire, a good while ; then put in your juice, let it boyl a walm or two, take it from the Fire, stir it all together till it be cold, take hereof, spread it : Lay it to the Cods as hot as it can be endured, use this till it be cured: This is a most excellent Plaster for one which is burst at the Navel.

Approved Water for Old Sores.

Take Violet Leaves, Rosemary, Elder Leaves, Sage, Honey-Suckles, Water Bettony, of each a like quantity, cut them all together very small, seeth them in a quart of Running Water, and put a little Alum and two spoonfuls of Honey to it.

An excellent Plaister for an Ach in the Joynts.

Take of Cummin a pound, a quarter of a pound of Clarified Butter, a quarter of a pound of Black Soap, a handful of Rue, two ounces of Sheeps Suet, one spoonful of Bay-salt, bray these together, then with a Gall of an Ox, fry them, so done spread it on a piece of Silk and heat it against the Fire, lay it on the Ach as hot as you can, and let it continue seven days.

An excellent and approved Powder for Sore Eyes.

Take one pint of Hop-Water, made when the Hop is in the Flower, let it boyl till it is scalding hot, put into it half a pound of Liquorish dried, and beat it to a very fine Powder, take off your Water, from the Fire. for the Liquorish must not boyl in the Water; your Water being off, put in your Liquorish, and stir them together, till the Water is quite consumed, then take half a pound of Fennel-seed, and half a pound of Anise-seed dried, and beat to a very fine Powder, searce it through a very fine Sieve, take Angelica-Roots, Elicampane-Roots, and Leaves and Flowers of Eye-bright, dried and beat to a very fine Powder of each one ounce and a half, mingle these together, so keep it close stopt, and when you eat of the Powder take two ounces and as much Aqua-vitæ as will moisten it, or Rosa solis, or Angelica-Water; set it near the Fire to keep it from being musty, you may eat it when you please, as much as you can take up with a Groat, it is very good for the Rheum, for cold or for Sore Eyes.

Directions to deliver a Woman in danger.

Take a Date Stone, beat it to Powder, put the Powder in Wine, and let the Woman drink it, and take Polypody, and en-
plaster

plaster it to her Feet, and the Child will come if it be alive or dead. Take Centory green or dry ; give it her to drink also in Wine, and let her drink the Milk of another Woman.

A present Remedy for a Bruise by a Fall.

Take the Suet of a Sheep, and Horse dung, and boyl it very well together and lay it to the Bruse, bound on with a Cloth.

A precious Medicine for a hot Rheum in the Head.

Take Sallet-Oyl, Rose-water, and Vinegar, mix them very well together and lay it as warm as you can well endure it to your Head.

An excellent Remedy for the Sting of an Adder.

Take Treacle, Rue, and Honey, of each a like quantity and a head of Garlick, bruise it and mix it together, and lay it to the Sore.

For the Canker in the Mouth or Nose.

Take the Ashes of the green Leaves of Holly, with some of your burnt Alum beaten to Powder near half the quantity, and with a Quill blow it on the place which is troubled and you will find an undoubted Cure.

The Compleat

A Water to wash Sores withal.

Take of Plantain Leaves, Sage and Wormwood, of each about a handful, Alum two ounces, Honey two Sawcersfull, boyl all these together in three pints of Water, till half be consumed: Then strain it and reserve the Liquor, to wash the Sore withal.

An excellent Diet-drink for a Family to Cure the Running Gout, Wind, any Aches in the Joynts, or Limbs, very fit to be taken Spring and Fall, as well to prevent those who are not, as to Cure those who are any way grieved.

Take nine quarts of Water, and set it on the Fire, when it boyleth put into it four ounces and a half of Sarsaparilla, bruise it and let it boyl something more than two hours gently, always keeping of it close covered, put into it four ounces and a half of Senna, three ounces and a half of Liquorish well bruised, of Epithymum, Hermodactyls, Stœcades and Camomile Flowers, of each near a quarter of an ounce, boyl all together two hours very softly, then strain it and put it up in a close Vessel well stopped, when it's cold then boyl again all the aforesaid Ingredients in nine quarts of Water about four hours, with a soft Fire; put this in another Vessel well stoppt, of the first before you use take about half a pint, a draught just be-

fore you go to Dinner, and another at going to Bed, and betwixt Meals drink of the last you made the like quantity, or when you list, eat no Meats but dry Roasted, and light and easie to digest in the morning, a potched Egg or two at night, raising of the scum, your Bread well baked, and as much of the crust as you can eat : Drink no other Liquors during the time you take this all the day, and through God's blessing you will find your self Cured.

A Preservative Brothe against a Consumption.

Take four good Marrow Bones, break them and boyl them in four quarts of Water, till half the Liquor be consumed, when it's cold take off the Fat clean, and put the Broth in a Pipkin, put to it a good Cock Chicken, a Knuckle of Veal, some little Bones of Mutton, the bottom crust of a white Loaf, some whole Mace, a few Dates, boyl it till half be consumed, strain it and sweeten it with a little Sugar, drink half a pint next your Heart in the Morning, at three of the Clock in the Afternoon, and the same quantity at Night when you go to Bed. This will do as much as my other drinks have done, a great deal of good, and restored many Persons.

A drink for the Wind in the Stomach, and the Spleen.

Take a handful of Broom and boyl it in a quart of Ale, till half be boyled away and drink of it every morning half a pint, or as often as you please.

A rare Water for an old Consumption or Cough of the Lungs.

Take two running Cocks, pull them alive, then kill them, cut them cross on the Back, when they are almost cold take their Guts, and after you have made them clean, break them all to pieces, then take a Gallon of Sack, two pound of Raisins stoned, two pound of Currants, half a pound of Dates stoned, three handfuls of wild Tyme, Pimpernel, Rosemary, Bugloss, and Flowers of each the same quantity, put all this together with your Cock into a Still, together with four quarts of New Milk of a Red Cow, let this be Distilled with a soft Fire: And in the Glass the Water doth drop into, put three quarters of a pound of Sugar-Candy beaten very small, also a Book of Leaf Gold cut small, amongst the Candy, six Grains of Amber-grease, sixteen Grains of prepared Pearl, mingle the strong and small together, drink three or four

spoonfuls at a time, in a Morning fasting; the same quantity when you go to Bed.

A Remedy to stay the Vomiting.

Take two handfals of Spear Mint, the like of Wormwood, Red-Rose Leaves dried, some Rye Bread grated, boyl all these in two quarts of Red-rose Water and Vinegar, till the Herbs are tender, then put them in a bag and lay them to the Stomach as hot as you can endure it, and as it boyls heat it again, three or four times with the Liquor boyling: *Probatum est.*

A Purging Syrup to be given at any time.

Take Polypodium of the Oak four ounces, Sarsaparilla three ounces and a half, Senna one pound, Damask-Prunes four ounces, Ginger seven Drams, Anise-feed one ounce, Cumia-feed, Carraway-feed half an ounce of each, Cinnamon ten Drams, Aristolochia Rotunda, Pæonia, of each five Drams, Rhubarb one ounce, Garlick five Drams, Tamarisk two handfals, boyl all these in a Gallon of running Water to a Pottle, then strain it, and put in your Rhubarb, and Agarick in a thin Cloath, and tye it close, put it in the Liquor, add to it

The Compleat

a pound of fine Sugar, and boyl it up to a Syrup and take six spoonfuls as often as you find occasion, or more or less as you find your strength will bear; its an excellent Medicine to keep the Body open and hath done Wonders where Persons could find no Remedy elsewhere.

The Duke's Desk newly broken up, &c.

A Remedy against the Plague, sent the Lord Mayor of London by King Henry the Eighth.

TAKE a handfull of Sage, a handful of Herb grace, a handful of Elder Leaves, a handful of Red Bramble Leaves, stamp them all, and strain them thorough a fine Cloth, with a quart of White-Wine, and then take a quantity of Ginger and mingle them together, and take a spoonful of the same, and you shall be safe for twenty four days, nine times taking of it is sufficient for a whole year, by the Grace of God. And if it be so that the Patient be stricken with the Plague before he hath drunk this Medicine, then take the Water of Scabious a spoonful, of Water of Betony a spoonful, and a quantity of fine Treacle, and put them all together and cause him to drink it. and it will exel all the Ve-

nom. If the botch appear, then take the Leaves of Brambles, and Elder Leaves, and Mustard-Seed and stamp them together, and make a Plaster thereof and lay it to the Sore, and that shall draw out the Venom, and the Party shall be whole by the Grace of God.

A Medicine that was taught King Henry the Seventh by his Physician, against the Pestilence.

Take of Rue, Mandragoras, Featherfew, Sorrel, Burnet, of each half a handful, of Crops and Roots of Dragons a like quantity; wash them clean, and seeth them with a soft Fire in Running Water, from a pottle to a quart, and then strain them together through a cleane Cloth, and if it be bitter put thereto a quantity of Sugar-Candy, or Sugar; and if this Medicine be used before the Purples do arise, ye shall be whole by God's Grace.

For the Plague in the Guts in Men.

Take the Skull of a Man or Woman, wash it clean, then dry it in the Oven after your Bread is drawn, beat it to Powder, and boyl it in Posset drink, then let the

Party drink thereof Morning and Evening, or as oft as need requireth; it is an approved Remedy.

Mr. Bakers Medicine for the Cough of the Lungs.

Take three pints of Running Water, half a pound of Portugal Sugar, with nine Figs and half a spoonful of Anise-seeds bruised, a handful of Raisins of the Sun clean washed and stoned, a penny-worth of Maiden-hair; let all these boyl together, until the one half and more be boyled away, then strain them thorough a fine Cloth, and every Morning drink two spoonfuls of it luke-warm, and you shall find present Remedy: *Probatum.*

Instructi-

Instructions for Salting and Drying Neals Tongues, making English Hams equal in goodness to Westphalia ; to recover the flavour of Oyl, restore decayed Anchovees, pickled Herrings, Surgeon, Salmon, Oysters, &c. To make Wine of English Fruits with its Virtue.

IN this new Addition the Reader will find such further improvements in things advantageous to be known and put in practice as are rarely elsewhere to be found and must needs redound to his or her singular profit, to which briefly I now proceed.

*To salt and dry Neats, Hogs or Sheeps
Tongues.*

Wash and cleanse them well in warm Water from the slime, then dry them in coarse Linnen Cloths, boyl up a strong pickle of Bay-salt till it will bear an Egg, and put them into it press'd down for eight or ten days; then dry them, and rub them over with Peter-salt, press them flat with a board and weights upon it, then dry them in a kiln by burning Oak or Deal saw-dust, and they will eat very mellow and be of a curious Red.

To make English Pork as good as Westphalia Hams.

Cut the Legs large and long, press them to draw out the moisture in Linnen Cloaths, and have a strong wooden box proportionable to shape them; Salt them well with Bay-salt and some of the Pickle before-mentioned. Let them lie covered with sweet Herbs and Bay leaves a fortnight, cover them over with Peter-Salt and dry them as the Tongues, but give them a longer time, by at least a week, and keep the fire more constant, and so will they eat red and short, and not be distinguished by a relishing Palate from *Westphalia* Bacon.

To recover the flavour of sweet Oyl when lost.

Beat burnt Roach Alum into fine Powder an ounce and a half, boyl it in a Gallon of Spring-water, pour it warm on the Oyl and work it together, then let it settle twenty four hours, when skimming off the Oyl that will be uppermost, all the bad scent will remain in the water.

To recover rusty Anchovees or pickled Herrings.

Boil a pound of Peter-salt in a Gallon of fair water, and so proportionable to any quantity, scum it well, and put in an ounce of chrystal of Tartar, boyl it up to a strong Pickle, and put it warm to the Fish, head them close up and in a month they will be recovered.

To recover Sturgeon or Salmon.

Boyl up a Gallon of good whiteWine Vinegar with a few slices of Ginger and sprigs of Fenil, then put in a pint of fair water with a handful of Bay-salt and cover the Fish with this Pickle, keeping it close, and in ten or twelve days, it will be recovered and near as good as at first.

The Compleat

To pickle Oysters.

Take large Oysters and wash them from the Grit in warm water, and make a pickle of one pint of Water and a quarter of a pint of Vinegar, and so proportionable to your quantity of Oysters, boyl up the pickle with Pepper and Mace, then strain it, and having parboiled the Oysters in their own Liquor, put the Pickle to them and stop them up in Pots or Barrels, so the Air cannot come to them to make them musty.

To pickle Salmon or Sturgeon.

Cleanse the Fish well from the blood and moisture, boyl them, cut in convenient pieces on Tin Plates, but not too much, then boyl up three quarts of good Vinegar with a quart of Water and a handful of Bay-salt, scum it well and put it to the Fish in a Cask luke warm, covering it with Fenil and Bay Leaves and head it up close, so in a fortnight it will be fit to open for use.

To make divers curious sorts of Wines of English fruit, with their Virtues.

To make Goosberry Wine.

Take Goosberries beginning to ripen, pick them clean from tops and stalks, put them in a press and squeeze out the Juice, but not so hard to break the stones, for that will bitter it, put to every eight pound of this Juice a quart of fair Water, and a quart of their own Water distill'd in a cold still, and to every quart twelve ounces of fine white Sugar, put it in a Cask and let it purge ten or twenty days, then draw it off from the dreggs and let it be bottled up with a lump of loaf Sugar, and three or four Cloves in every Bottle.

This is a pleasant drink in health, and very cooling in sickness, allaying the heat of Fevers, Small-pox and other hot Diseases, purifying the Blood and strengthening the Heart.

To make Wine of Currants.

Take four Gallons of clear Spring water, let it simmer and purge over a gentle fire. still taking off the scum

The Compleat

As it rises, then put into it eight pound of the best Virgin Honey, which being dissolv'd, put to it the like quantity of Curran Juice well strain'd, and then to every Gallon four pound of loaf Sugar and a little Cinnamon; when you Bottle it up stop it close, and put a little Cream of Tartar into it, to make it fine.

This allays the violence of thirst, resists putrefaction, stays vomiting, and is admirable cooling in all hot diseases.

To make Wine of Cherries.

Gather your Cherries in a dry day, when indifferently ripe, take away the stalks and stones, then bruise them well in an earthen vessel with your hands, or break them with a wooden Ladle, put them into a fine clean Linnen Cloath and press out the juice, put to every Gallon a pint of Sherry and three pound of Loaf Sugar, let the Liquor ferment and purge in an earthen Vessel four or five days, still scumming it, then draw it off from the dreggs, and bottle it up with a lump of Loaf Sugar, and a blade or two of Mace.

This

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This helps digestion, allays the heat of Choler and purifies the Blood, gives good nourishment and creates a chearful Complexion.

To make Morello Wine.

Take two Gallons of mellow white-wine and 20 pound of Morello Cherries, stalk and stone the Cherries, press the Juice out into the white Wine, put it into a Cask to purge, and hang in it a Canvasbag, of Cinnamon, Cloves, Mace and Nutmeg, each an ounce grossly bruised, and at ten days end being drawn off and bottled it will be a very rich Wine.

It is good against Pestilential Airs, Vapours, Faintings of the Heart, Falling-sickness, Convulsion fits, and Convulsions of the Nerves.

To make curious wholsome Wines of Mulberries, Raspberries, Strawberries, Dewberries, or Blackberries.

Take of either of these berries, when moderately ripe, what quantity you shall think fit, gathered when the Sun has well taken the dew off them, bruise them with a wooden Ladle, then put them into a Linnen Cloath and squeeze out the Juice; to every Gallon of which put a quart

The Complant

of Water boyled up, with four ounces of Honey and half a pint of Malmsey, then add to each Gallon two pound of Loaf Sugar; let it settle well, and drawing it off thorough a strainer, bottle it up with a little whole Spice, as your Palate best relishes. This is cooling and restorative.

*A curious Wine of Apricocks, Peaches, Plumbs
or Nectarins.*

Take either of these at full ripeness, but not inclining to rottenness, pare them thinly and cut them in halves that the stones may be taken out, then slice them thin and put two gallons of Water to a quart of white Wine, boyl it over the fire and scum it well, then put in the fruit. Let it simmer in the Liquor till it becomes very soft, then take it off and let it stand about twelve hours without stirring, then stir it, and when again it is settled, pour out the Liquor by inclination, strain it well, and press what remains at bottom through a fine Canvas bag into it, and when it has fermented and worked well in a Cask, put to every Gallon two pound of Loaf Sugar, then add to it some Cloves and Mace grossly bruised and boyled in a Quart of white Wine, and so bottle it off for your

This Wine in every respect gives a good digestion, fortifies the stomach, purifies the blood, and allays any heat or inflammation in the Liver or Reins.

To keep divers sorts of rare Fruits all the year in their native colour and taste to be as good as when taken from the Tree: A very curious secret.

To keep Apricocks, Peaches, Nectarins, Currans and Plumbs the whole year.

Take fine dry sand that has little or no saltiness in it to make it give, dry it well in the sun in Autumn or Summer often turning it, then gather your Fruits when just a ripening, but not come to ripeness, stalks and all, dip the stalks in melted Pitch or Beesewax, and having a little dried them in the Sun to take away the superfluous moisture, lightly lay a laying of Sand in the bottom of a Box, that will shut very close and a laying of Fruit upon it loosely with much evenness, and so do till the box be full; the laying of Sand between each being half an inch thick at least, then shut the box close and set it in a warm dry place, and when you use them put them in a little warm Water, and

and they will plump up and look fresh as if new gather'd; and so you may keep Figs and Plumbs if they be not too ripe, when you put them in, for the Sand preserves them by its drying up all moisture.

To keep Strawberries, Rasberries, Goosberries and Mulberries good all the year.

Take away the stalks and tops, dry them pretty well in the Sun, season new stone Bottles by burning a little rag at the end of a stick dipt in Brimstone, and after setting them in the Sun to air them, put in the fruit loosely to the filling the bottles a third part, boyl your Corks in grounds of Beer or rather a little Wine, stop them up close and Cork them very well, laying them in dry Sand in a warm place, laying the Bottles on the sides and cover'd over with Sand four or five inches, and so preserved from the Air they will keep from Putrefaction.

Or you may keep these and the foregoing though not so well in their natural taste and colour by putting them in Bottles, and pouring on them till the Bottles are near full Water wherein Honey has been boyled to a good sweetness and Cork them up close.

Servant Maid.

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To make Ale or any other liquors that are too new or sweet presently stale or eager.

This is done by dropping nine or ten drops of spirit of Salt into a quart of the Liquor, and shaking it.

To make sower Ale new.

Burn Chalk and Oyster shells, beat them to Powder, and put it in a bag, which hang in the Ale, and it will take away the sowerness.

The compleat or experienc'd Market Man and Market Woman, in knowing and buying Poulterers, Fishmongers and Butchers ware as not to be over-reached, cheated, or deceived; with other choice matters relating to good Marketting.

The Mystery of a Poulterer, giving a true insight and knowledge into the goodness and badness of Poulterers ware, so as not to be cheated or deceived.

A Capon whether a true one, young or old, new or stale.

If young his spurs are short and his Legs smooth, if a true Capon a fat vein on the side of the breast, and the comb pale and a
thick

thick belly and rump, if new it will have a close hard vent, if stale a loose open one.

A Cock or Hen Turkey, Turkey Pouts, &c.

If the Cock be young his Legs will be black and smooth and his spurs short. if stale his Eyes will be sunk in his head, and the feet will be dry, if new the Eyes lively and feet limber. The like observe by the Hen, and moreover if she be with Egg she will have a fast open vent, if not, a hard close vent. Turkey Pouts as to newness and staleness are known the same way, their age cannot deceive you.

To know a true Pullet, &c.

A true Pullet has smooth Legs and Breast, and pinches very tender on the latter, if she be with Egg the belly will feel soft, if not it will feel more strait, as for staleness and newness the same signs with the Capon.

A Cock and Hen, &c.

If young his spurs are short and dubbed, but take particular notice they are not pared nor scraped by the knavish Poulterer to cheat you. If stale he will have an open vent, but if new a close hard vent, and so of a Hen for newness and

Staleness, if old her Legs and Comb are rough, if young smooth.

Chickens dried, pulled and wet.

If dry pulled stiff when new, if stale Limber, if wet pulled put your finger on the Breast, and if new it will be rough, if the slimy, their age cannot deceive you, if fat they have a fat rump and vent.

A tame Goose, wild Goose, bran Goose, &c.

If the Bill be yellowish, and she have but few hairs she is young, but full of hairs, and the Bill and Foot red, she is old; if new, she is limber footed, if stale dry footed; and so of a wild Goose and bran Goose, with so little variation you cannot be deceived.

Wild Ducks and Tame Ducks.

The Duck when fat is hard and thick on the belly, but if not thin and lean, if new Limber footed, if stale dry footed, and a true wild Duck has a redish foot, smaller than the tame one.

The Swan.

When old full of hairs, young smooth or but few hairs, stale dry footed, new Limber footed.

The Bustard.

This in all respects is to be observed as the Turkey, as to youngness or oldness, newness or staleness.

The Compleat

The Shuffler.

If fat will have a fat rump, if lean a close and hard one, if new limber footed, if old dry footed.

Goodwets, Marle-knots, Ruffs, Gulls, Dotterels and Wheat Ears.

If these be old their Legs will be rough if young smooth, if fat a fat rump; if new limber footed, if stale dry footed.

A Pheasant, Cock and Hen.

The Cock when young has dubbed spurs, when old sharp small spurs, if new a fast vent, if stale an open flabby one. The Hen if young has smooth Legs, and her flesh of a curious grain, if with Egg she will have a fast open vent, if not a close one, and for newness and staleness as the Cock.

Heath and Pheasant Pouts.

If new they will be stiff and white in the vent and the feet limber, if fat they will have a hard vent, if stale dry footed and limber, and if touched they will peel.

Heath, Hen and Cock.

If young they have smooth Legs and Bills if old rough, as for the rest they are known as the foregoing.

Partridge, Hen or Cock.

The Bill white and Legs blewish show age, for if young, the Bill is black and Legs yellowish; if new, a fast vent, if stale, a
green

green and open one, yet if they have fed green Wheat, and their Crops be full, they may taint there, and for this smell at their mouths.

Woodcock and Snipe.

The Woodcock if fat is thick and hard, if new limber footed, but when stale dry footed, or if their noses be snotty and their throat muddy and moorish, they are naught. A Snipe if fat has a fat vein in the side, under the wing, and in the vent feels thick. As for the rest like the Woodcock.

Of Doves and Pidgeons.

To know the Turtle Dove look for a blewish ring about its neck, the rest mostly white; the Stock Dove is bigger, and the Ring Dove is less than the Stock Dove: The Dove house Pidgeons when old are red Legged, if new and fat they feel full and fat in the vent and are Limber footed, but if stale a flabby or green vent.

And thus of gray or green Plover, Feldfare, Blackbirds, Thrush, Larks, Wood Larks, &c.

Of the Hare, Leveret, Rabbit or Coney.

A Hare will be white and stiff if new and clean killed, if stale the flesh will be blackish in most parts, and the body limber, if the cleft in her Lips spread very much and her Claws are wide and ragged she is old the contrary if young.

To

To know a true Leveret feel on the fore Leg, near the Foot, and if there be a small bone or knob, it is right, if not it is a Hare, and for other marks observe as in the Hare.

A Coney stale will be Limber and Slimy, if new, white and stiff, if old, her Claws are very long and rough, the wool mottled with gray Hares, if young the claws and wool smooth.

*The Mystery of the Fishmongers laid open, or
how to buy Fish and not be deceived.
of Lobsters.*

The Cock is smaller usually than the Hen, and the Shell more red, but somewhat more dusky, and no little spawn or seed under the Belly, if new the tail will fall smart like a spring, if full open the middle of the tail, and if that be full of hard redish skinned meat, all parts will answer it, or if you find plugs in the Claws, pull them out to see if they be not filled with Water instead of Meat, and so the weight deceive you.

Surgeon.

To know this, see if it cuts without crumbling, even as wax, and that the veins and gristels give a true blew where they appear, and the flesh a perfect white, so has it re-

mained good and not been made up from rustiness as I before have directed.

Prawns, Shrimps, and Crab-fish great and small.

If stale the two first will be Limber and cast a kind of limy smell, their colour fading and they slimey. The two latter will be Limber in their Claws and Joynts, their red colour turn blackish and duskey, and they have an ill smell under their Throats, otherways they will all of them be of a good colour, stiff and sweet.

Salmon boyled.

If the flesh feel oily, the scales be stiff and shining, it part without crumbling and come in flakes, then is it new and good, but if the contrary suspected to lose its pickle, and new made up.

Of pickle and red Herrings.

As for the first of these to try whether they are good, or by losing pickle or other misfortune turned rusty or mottled again with new pickle, open the back to the bone, and if the flesh be white, flakey and oily and the bone white or a bright reddish they are good, but if crumbling and brittle, harsh, and the bone black or of a duskey redish or yellow, they are not good.

Red Herrings carrying a good gloss, parting well from the bone and smelling

The Compleat

well, are good, but if they be of a yellowish muddy colour rough and brittle they are rusty.

Anchovees.

Open the back to the bone, and if the bone be clear, oily, and the flesh a pleasant red, soft, and oily, peeling in long strings, they are good. If the bone be black or the flesh short and brittle, they are rusty or new made up, when rusty with fresh pickle.

Old Ling, Cod or Salt-fish.

If the flakes rise well and are oily and the bone part clean from the flesh and be white, they are well cured and good, but on the contrary the bone a rusty yellow and the flesh rough, dry and sticky, they are bad.

Plaice or Flounders.

If dead when you buy them, feel if they are stiff, and see if their Eyes be not sunk or look dull, then are they new, but if limber, slimy, and sunk-eyed, they are stale. To distinguish Plaice from Flounders, observe the Plaice is browner on the back, and has orange tawny specks, the other has not, but the best sort look blewish on the belly.

Maids and Thornbacks, Turbots.

If they be stiff and their Eyes lively they are new, but if limber flabby, and their Eyes sunk they are stale and little worth.

Fresh Herrings and Mackarel.

Observe their Gills, if they are of a lively shining redness, and their eyes stand full, the Fish being stiff, they are new, but if dusky and faded, their eyes sinking and wrinkled, the tails limber and the body slimy, they are stale.

Pike, Bream, Carp, Tench, Trout, Grailing, Ruff, Chub, Eel, Barbel, fresh Salmon, Pike, Whiting, Smelt, Shad.

All these are known to be new or stale by the colour of their Gills, their easiness or hardness to open, the hanging or keeping up their Fins, the stiffness or limberness of their bodies, the standing out or sinking of their eyes, slimyness, or moderate wetness, and by scenting them at the Gills, making these remarks as before directed, you need not fear to be overreach'd, especially for present spending.

To keep fresh Fish sweet a long time.

Take out the Guts and dry them with a Linnen Cloath, sprinkle them with salt and lay on rushes or flags in a cool Cellar, but so as they touch not one another, strew them over with sweet Herbs, and so they will keep untainted twenty four hours longer than otherwise.

To keep Fowl from tainting a long time.

Have a White Wine, Rhenish Wine, or

Cyder Cask, cut a square place in it on the side, near the upper head when it stands on end, drive some Tenter-hooks into the inner side of the head, and hang them by the heels thereon in a cool Cellar, and the scent of the Cask will preserve them and mak them eat very tender.

The Compleat Market Man and Market Woman, in buying Butchers' meat and other Marketings.

Lamb.

In a fore quarter mind the neck vein, if it be an Azure blue, it is new and good, but if greenish or yellowish it is near tainting, if not tainted already. If you wou'd have a hinder quarter, scent under the Kidney, and try the knuckle if it be limber or stiff; if you meet with a faint scent, and the knuckle be limber it is stale killed. For a Lambs head mind the Eyes, if they be sunk or wrinkled it is stale, if plump and lively it is new and sweet.

Veal.

If the bloody vein in the shoulder look blue, or a bright red, it is new killed, but if blackish, greenish or yellowish, it is flabby and stale; if brought up in wet clothes, you must inform your self by the scent whether it be musty or not. The Loin first taints under the Kidney, and the flesh, if
stale

stale killed, will be very soft or slimy.

The breast and neck taint first at the upper end, and you will perceive some dusky yellowness or greenish appearance, the sweetbread on the breast will be clammy, if none of these symptoms appear, it is fresh killed. The Leg is known by the stiffness of the knuckle joynt if new, if stale it will be limber and the flesh feel clammy with little green or yellow specks, the head is known as the Lambs.

The flesh of a Bull Calf is redder and more firm of grain than that of a Cow Calf and the fat more hard and curdled.

Mutton.

Mutton young the flesh will pinch tender, if old it will wrinkle and remain so, if young the Fat will easily part from the Lean, if old it will stick by skins and strings, if Ram mutton the Fat feels spongy, skinny, and hard, the flesh close grained and tough, not rising again when dented by your finger if Ewe mutton the flesh is paler than the Weather, a closer grain and easier parting.

If there be a rot the flesh will be palish and the Fat a faint whitish enclining to yellow, and the flesh be loose at the bone if you squeeze it hard, some drops of Water will stand up like sweat; as for newness and staleness the same is to be observed as be the Lamb.

Beef.

If it be right Ox Beef it will have an open grain, if young a tender and oylly smoothness, if rough and spongy it is old, or enclining so to be, except the neck, brisket and such parts as are very fibrous, which in young meat will appear more tough than in any other part. The good spending Meat is of a carnation pleasant colour, as to the Lean and Suet a curious white, the yellowish is not so good.

Cow Beef is less boned and closer grained than the Ox, the Fat whiter, but the Lean somewhat paler; if young the dent you make with your finger will rise again in a little time, if old it will remain so.

Bull Beef is of a closer grain, a deep dusky red, tough in pinching, the Fat skinny hard, and has with it upon scenting a rammish rank smell, being indented with your finger it will presently rise again, for newness or staleness this flesh bought fresh has but few signs, the most material is its clamminess, the rest your scent will inform you.

If it be bruised those places will look more dusky or blackish than the rest, for the settled blood would not evacuate in the killing.

Pork

Pork and Brawn.

If it be young the Lean will break in pinching between your fingers, also if you nip the skin with your nails it will make a dint also, if the Fat be soft and pulpy, in a manner like Lard, but if the Lean be tough and the Fat flabby and spongy feeling rough, it is old, especially if the Rind be stubborn and you cannot nip it with your nails.

If of a Boar though young, or of a Hog gelded at full growth, the flesh will be hard, tough, reddish or rammish of smell, the Fat skinny and hard, the skin very thick and tough, and pinched up it will immediately fall again.

As for old or new killed try the Legs, Hands, Springs, by putting your finger under the bone that comes out, for if it be tainted you will there find it by smelling to your finger, beside the skin will be sweary and clammy when stale, but cool and smooth when new.

If you find little Kernels in the Fat of Pork like hail shot, if many it is meazly, and dangerous to be eaten.

Brawn is known to be old or young by the extraordinary or moderate thickness of the Rind, the thick is old, the moderate is young, if the Rind and Fat be very

very tender it is not Boar Bacon, but Barrow or Sow.

Venison.

Try the Hanches or Shoulders under the bones that come out with your finger or knife, smell, as the scent is sweet or rank, so is it new or stale, and the like of sides in the most fleshy parts, if tainted they will look greenish in some more than ordinary black. To recover tainted Venison put it in a pot full of holes in a pit, and cover the pot with fresh Earth 44 hours, and the taint will be very much taken off. To know whether it is old or young look on the claws, if the clefts be very wide and rough it is old, if close and smooth it is young.

Westphalia Hams and English Bacon.

To try these put a knife in the first under the bone that sticks out, and if it come out in a manner clean and has a curious flavour, it is sweet and good, if on the contrary, much smeered and gulle and it smell moorish and ill savour'd, the Ham is tainted or rusty.

As for Bacon Gammons *English*, try them the same way, and for other parts try the Fat, if it be white oily in feeling, do not break or crumble; and the flesh sticks well to the bone, and bear a good colour, it is very

very good; but the Fat yellowish, murrey coloured or breaking into crumbles sooner than expected, if white and the Lean having some little streaks of yellowish in it, it is rusty or will be so in a little time: If Bacon gives much in moist weather, becomes flabby and soft, it has not been cured and dried, and if not quick-spent it will rust.

Butter, Cheese, Bread and Eggs.

If you buy Butter of Higglers, or any you suspect, take not their taste, for that is often a piece of good Butter patched in at the end; but taste in the middle, and so they cannot well deceive you, if your palate be good.

As for Cheese, if the large old Cheese be rough coated, rugged or dry on the top, beware of Weevils, or little Worms, or Mites; if it be over full of holes, moist, or spongy, it is subject to Maggots. If any soft or perishing place appear on the outside try how deep it goes, for sometime where there is little appearance without the greater part may be bad within.

If in Bread you find little knobs, old stale Bread, if not, mouldy has been broken into it and made up with fresh Flower and will neither relish well nor taste sweet it is of growth.

or rough, of wasted, smutty Corn; if it tast sowrish when a little stale, then is Peeze ground with the Wheat flower.

Hold an Egg to the light, if the white looks clear, and the yolk floats round in the middle of it, it is good; but if the white looks cloudy, the yolk sunk to the bottom, or be broken, it is nought.

English and Out-landish Fruit.

If the stalk of a Pear comes out easily with the spires belonging to it and look rusty, the Fruit is perished at Core, the like of an Apple, or if there be a rotten speck at the stalk, as the like of Quinces, for so they will at least but keep a little while, mustiness is discern'd by the roughness of their coats, and fading of their colour.

Oranges, Limons, and Pomgranets are known by their weight, if the former two be pricked, some spots will appear and specks, the last if it be not full will rattle, if full it will not.

F I N I S.

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